

CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES
SENIOR SERVICES AREA AGENCY ON AGING

HOME WELLNESS PROGRAMS FOR CHICAGOANS 60 YEARS AND BETTER STAY CONNECTED

MAY - JUNE - JULY

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CITY OF CHICAGO
LORI LIGHTFOOT, MAYOR



CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES
LISA MORRISON BUTLER, COMMISSIONER

Programs and Services



*Caregiving
Resources*

*Care Coordination
Services*

Chicago Fitness Plus

*Chore /
Housekeeping*

*Adult Protective
Services Program*

*Foster Grandparent
Program*

*Home Delivered
Meals/To Go Meals*

*Health & Wellness
Program*

Legal Services

*Older Relatives
Raising Children*

*Ombudsman
Program*

Respite Care

*Senior Companion
Program*

*Senior Employment
Program*

Well-Being Checks

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

Chicago Department of Family and Support Services - Area Agency on Aging is designated by the United States government under the Older Americans Act, and by the Illinois Department on Aging, as the “Area Agency on Aging” for the City of Chicago. Area Agencies on Aging are part of a nationwide network of State and local programs that help older people to plan and care for their life long needs. With the goal of keeping seniors living independently in their own homes for as long as possible, Senior Services-Area Agency on Aging provide a wide range of options that allow older adults, ages 60 and over, access to services and programs that allow them to remain healthy, safe, and independent.

Information & Assistance Services

Information and Assistance is the key element to accessing all programs and services for senior citizens, and is a “one stop link” to elder care service providers in the city of Chicago and throughout the nation. By placing a call to **(312)744-4016**, an older person or caregiver receives information about the services offered by the Chicago Department of Family and Support Services and the aging network. Central Information and Assessment is located in City Hall, 121 North LaSalle St., Room 100.

Regional and Satellite Senior Centers (Temporarily Closed due to Covid-19)

DFSS Senior Centers offer a variety of social, educational, cultural, recreational activities for seniors and their informal caregivers. There are twenty-one (21) senior centers located throughout the city. The centers are temporarily closed due to Covid-19 to mitigate the risk of spread to older Chicagoans. Your Life Enrichment classes and activities will begin to be launched soon. Stay safe and be well!



Telephone and Virtual Health Promotion Services

DFSS is happy to launch our telephonic and virtual Health and Wellness programs. Available services and presentation topics are contained in this guide. Nurses, Dieticians, Social Workers and Pharmacists are available to you.

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

(Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>)

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

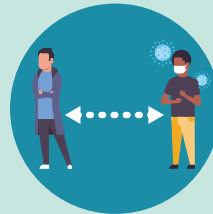
Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).



DFSS WELLNESS PROGRAMS (through telephone and online)

VIRTUAL HEALTH TALKS

Looking for the latest health information? Missing your wellness program nurse, dietitian, and pharmacist? Then join us for a health talk by Phone or on Zoom! You have the option to view the presentation on your computer/tablet or you can dial-in on your phone and listen only instead.

To Join by Phone: Dial (312) 626 6799
Enter Meeting ID: 731 672 6710

To Join by Zoom:
Step One: Go to Zoom.com
Step Two: Click "Join Meeting"
Step Three: Type in Meeting ID: 731 672 6710
Or Click Meeting Link: <https://zoom.us/j/7316726710>

***White Crane is offering a free tutorial on how to use Zoom, please see the flyer on the last page for more information.**

MAY NURSE PRESENTATIONS

To Join by Phone: Dial (312) 626 6799
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Depression

Depression is the most common mood disorder seen by primary care providers. It is estimated that somewhere between 5-20% of people over the age of 65 living in the community have depression. Depression rates are higher for older adults who are in the hospital and for nursing home residents. Depression is not a normal aging process. Atypical signs and symptoms, the presence of other chronic illnesses and provider beliefs may contribute to the condition being overlooked. Effective treatments are available to treat depression. Attend this talk to learn more how you can tackle social isolation, bullying and depression.

Wednesday May 20 10:00 A.M. – 11:00 A.M. Presented by Marcia Haynes-Cody, RN, BSN

Tuesday May 26 11:30 A.M. – 12:30 P.M. Presented by Virginia Schelbert, MSN, APN

MAY DIETITIAN PRESENTATIONS

To Join by Phone: Dial (312) 626 6799
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Healthy Eating at Home

Eating alone has been shown to result in eating less and possibly not meeting your nutritional needs. Additionally, depression can lead to changes in food choices and eating habits. Learn ways to incorporate foods into your diet that support a positive mood.

Monday May 18 1:00 – 2:00 P.M. Presented in Spanish by Luis Gonzalez, MS, RD, LDN
Thursday May 21 10:00 – 11:00 A.M. Presented in English by Jim Coogan, RD, LDN

MAY PHARMACIST PRESENTATIONS

To Join by Phone: Dial (312) 626 6799
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Depression and Mood Disorders – Striving for Mental Fitness

As we grow older, we may face many challenges that can lead to changes in mood. Retirements, the loss of friends and loved ones, medical problems or even increased isolation can all lead to changes in mood. Left untreated, these changes may lead to depression and can affect more than just your mood. In this program the pharmacist will help to identify the various steps you can take to optimize your mental fitness, including drug therapies, allowing you to live a more enjoyable and positive life.

Tuesday May 26 10:00 A.M. – 11:00 A.M. Presented in English by Michelle Martin, PharmD
Thursday May 28 9:30 A.M. – 10:30 A.M. Presented in Spanish by Sol Farias, PharmD

JUNE NURSE PRESENTATIONS

To Join by Phone: Dial (312) 626 6799
Enter Meeting ID: 731 672 6710

To Join by Zoom:
Step One: Go to Zoom.com
Step Two: Click “Join Meeting”
Step Three: Type in Meeting ID: 731 672 6710
Or Click Meeting Link: <https://zoom.us/j/7316726710>

Dementia

This month we will discuss normal memory loss versus Alzheimer’s Dementia. We will identify the difference between normal age related memory loss, mild cognitive impairment, and dementia. We will also discuss strategies to promote brain health.

Tuesday	June 2	11:00 A.M. – 12:00 P.M.	Presented by Virginia Schelbert, MSN, APN
Wednesday	June 3	10:00A.M – 11:00 A.M.	Presented by Marcia Haynes-Cody, RN, BSN
Tuesday	June 16	11:00 A.M. – 12:00 P.M.	Presented by Virginia Schelbert, MSN, APN
Wednesday	June 17	10:00A.M. – 11:00 A.M.	Presented by Marcia Haynes-Cody, RN, BSN
Tuesday	June 23	11:00 A.M. – 12:00 P.M.	Presented by Virginia Schelbert, MSN, APN
Wednesday	June 24	10:00 A.M – 11:00 A.M.	Presented by Marcia Haynes-Cody, RN, BSN

JUNE DIETITIAN PRESENTATIONS

To Join by Phone: Dial (312) 626 6799
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Or Click Meeting Link: <https://zoom.us/j/7316726710>

Mind Your Mind by following the MIND Diet

The prevalence of dementia is on the rise. Research continues to reveal our environment may play a bigger role in dementia than previously thought. The MIND diet appears to be associated with food that may help reduce your risk of developing dementia as you age. Learn what 10 foods you should be sure to incorporate in your diet each week and 5 you may want to hold off on eating.

Monday	June 1	1:00 – 2:00 P.M.	Presented in Spanish by Luis Gonzalez, MS, RD, LDN
Tuesday	June 2	9:00 – 10:00 A.M.	Presented in English by Kristin Gustashaw MS, RDN, LDN, CSG
Thursday	June 11	10:00 – 11:00 A.M.	Presented in English by Jim Coogan, RD, LDN
Monday	June 15	1:00 – 2:00 P.M.	Presented in Spanish by Luis Gonzalez, MS, RD, LDN
Thursday	June 25	1:00 – 2:00 P.M.	Presented in English by Jim Coogan, RD, LDN

JUNE PHARMACIST PRESENTATIONS

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Or Click Meeting Link: <https://zoom.us/j/7316726710>

Memory Loss – Should I Be Screened?

Dementia is the loss of brain function due to certain medical conditions such as stroke, brain tumor, or Alzheimer’s disease. It may make it hard for you to remember, learn, and communicate. With early screening and detection, SOME types of dementia are REVERSIBLE with treatment, while with others, we can SLOW down the progression of the disease. Come to this session to learn about screening for memory impairment, common symptoms of dementia, ways to address these symptoms, possible treatment options, and available resources for you and your family/caregivers.

Tuesday	June 9	12:00 P.M. – 1:00 P.M.	Presented in English by Daphne Smith-Marsh, PharmD
Wednesday	June 10	10:00 – 11:00 A.M.	Presented in English by Jewel Younge, PharmD
Thursday	June 18	9:00 – 10:00 A.M.	Presented in Spanish by Christina Carrizales, PharmD
Thursday	June 25	9:30 – 10:30 A.M.	Presented in Spanish by Sol Farias, PharmD

JULY NURSE PRESENTATIONS

To Join by Phone: Dial (312) 626 6799
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To Join by Zoom:

Step One: Go to Zoom.com

Step Two: Click “Join Meeting”

Step Three: Type in Meeting ID: 731 672 6710

Or

Click Meeting Link: <https://zoom.us/j/7316726710>

Where to Find Reliable Health Information

We are bombarded with health information in the news, magazines, and online. It can be confusing and contradictory information – so, how do we know what to pay attention to and what to tune out? Attend this session to learn how to evaluate the source of health information.

Wednesday	July 1	10:00 – 11:00 A.M.	Presented by Marcia Haynes-Cody, RN, BSN
Tuesday	July 7	11:00 A.M. – 12:00 P.M.	Presented by Virginia Schelbert, MSN, APN
Wednesday	July 15	10:00 – 11:00 A.M.	Presented by Marcia Haynes-Cody, RN, BSN
Tuesday	July 21	11:00 A.M. – 12:00 P.M.	Presented by Virginia Schelbert, MSN, APN
Wednesday	July 29	10:00 – 11:00 A.M.	Presented by Marcia Haynes-Cody, RN, BSN

JULY DIETITIAN PRESENTATIONS

To Join by Phone: Dial (312) 626 6799
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To Join by Zoom:

Step One: Go to Zoom.com

Step Two: Click “Join Meeting”

Step Three: Type in Meeting ID: 731 672 6710

Or

Click Meeting Link: <https://zoom.us/j/7316726710>

Getting Reliable Nutrition Information Online

Are you confused by the plethora of health information you read on the internet? The first step is to consider the source. Health information can come from the U.S. government, colleges and universities, and major medical centers – but it can also come from product manufacturers or authors without medical credentials. Attend this session to learn which websites provide the most reliable nutrition information.

Thursday	July 2	10:00 – 11:00 A.M.	Presented in English by Jim Coogan, RD, LDN
Monday	July 6	1:00 – 2:00 P.M.	Presented in Spanish by Luis Gonzalez, MS, RD, LDN
Tuesday	July 7	9:00 – 10:00 A.M.	Presented in English by Kristin Gustashaw MS, RDN, LDN, CSG
Thursday	July 16	10:00 – 11:00 A.M.	Presented in English by Jim Coogan, RD, LDN

Monday July 20 1:00 – 2:00 P.M. Presented in Spanish by Luis Gonzalez, MS, RD, LDN

JULY PHARMACIST PRESENTATIONS

To Join by Phone: Dial (312) 626 6799
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Or Click Meeting Link: <https://zoom.us/j/7316726710>

Getting the Facts and Knowing Your Sources When Looking for Reliable Health Information

Many older adults take prescriptions, supplements or over-the-counter medications. Oftentimes the drug information you receive along with the medication is confusing or not specific to you. In this session, the pharmacist will discuss drug information resources and tips on how you can be a more critical consumer regarding safe medication practices. The pharmacist will also discuss cautions of purchasing medications over the internet and how to identify credible internet sites.

Wednesday	July 8	10:00 – 11:00 A.M.	Presented in English by Jewel Younge, PharmD
Tuesday	July 14	12:00 P.M. – 1:00 P.M.	Presented in English by Daphne Smith-Marsh, PharmD
Thursday	July 23	9:30 – 11:30 A.M.	Presented in Spanish by Sol Farias, PharmD
Tuesday	July 28	10:00 – 11:00 A.M.	Presented in English by Michelle Martin, PharmD

ASK THE DIETICIAN GROUP NUTRITION Q&A

Join a conference call for a lively discussion with the Dietitian and fellow participants regarding any nutrition related questions you may have. You can participate as much or as little as you would like. Either way you are sure to learn new ways to meet your nutritional needs!

Phone Number: 1-312-535-8110
Access Code: please see below dates

Tuesday	May 19	10:00 – 11:00 A.M.	Led by Kristin Gustashaw MS,RDN,LDN CSG Access code: 190 886 417
Tuesday	June 2	10:00 – 11:00 A.M.	Led by Kristin Gustashaw MS,RDN,LDN CSG Access code: 198 483 177

- Tuesday June 16 10:00 – 11:00 A.M. Led by Kristin Gustashaw MS,RDN,LDN CSG
Access code: 197 344 179
- Tuesday July 7 10:00 – 11:00 A.M. Led by Kristin Gustashaw MS,RDN,LDN CSG
Access code :190 845 811
- Tuesday July 21 10:00 – 11:00 A.M. Led by Kristin Gustashaw MS,RDN,LDN CSG
Access code: 195 011 418

WELLNESS TEAM PHONE CONSULTATIONS

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

To make an appointment for a phone consultation, please call 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**
 - o The nurse can help quickly answer your most pressing health questions and direct you to follow up care as needed.
- **Ask the Social Worker**
 - o 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 where possible.
- **Ask the Pharmacist**
 - o The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe.
- **Ask the Dietitian**
 - o The dietitian has ideas for ways to get creative with healthy food, as many of us are cooking more these days, and can provide suggestions for the safest ways to access healthy foods during quarantine.

WEEKLY VIRTUAL SOCIAL SUPPORT GROUPS

Do you want to connect to others during this time of social distancing? 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 ways of looking at the world. Topics will include: Looking Forward to Spring; Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; Embarking on New Projects. You may participate in the group with video from your computer/tablet or you can participate by phone only.

To Join by Phone: Dial (312) 626 6799 and enter Meeting ID (See below)

To Join by Zoom:

Step One: Go to Zoom.com

Step Two: Click “Join Meeting”

Step Three: Type in Meeting ID: (See below)

Programs Offered Weekly

Mondays	May 18 through July 27	1:00 – 2:00 P.M.	Led by Mary Ellen Withers, LCSW Meeting ID: 963 8802 8814
Tuesdays	May 19 through July 28	2:00 – 3:00 P.M.	Led by Lisa Muhammad, LSW Meeting ID: 997 9024 2962
Wednesdays	May 20 through July 29	10:00 – 11:00 A.M.	Led by Sandy Rubovits, LCSW Meeting ID: 934 9355 5427

WEEKLY TELEPHONIC SOCIAL SUPPORT GROUPS

Coping and Connection in the Time of COVID

This support group is available to all individuals interested in joining weekly conference calls to connect with others during this isolative time. Each group will be co-facilitated by two licensed Rush social workers and will provide an opportunity for emotional connection and support. These groups are available at no charge to Rush patients, their families, and community members.

Phone Number: 312-535-8110

Access Code: 928 919 117

Wednesdays May 20 through July 29 2:00 – 3:00 P.M. Led by social workers

Fridays May 20 through July 29 2:00 – 3:00 P.M. Led by social workers

Talk with your Wellness Nurse Cindy on Tuesdays May 19, May 26, and July 21 from 11:30 am to 1:00 pm. Call office to make a reservation at 312-945-8430.

Learn more about your health by asking Cindy, a wellness nurse, questions about medical issues that interest or concern you. Each call is limited to 15 minutes, so please plan your questions ahead of your call. **Call times can be reserved on Tuesday, May 19, May 26, and July 21, 2020 from 11:30 A.M. to 1:00 P.M. only.** Dial 312-945-8430 and ask for the nurse. Please leave a message if the line is busy and your call will be returned during call in times.

Tuesday May 19 11:30 A.M. – 1:00 P.M. Led by Cindy Nissen

Tuesday May 26 11:30 A.M. – 1:00 P.M. Led by Cindy Nissen

Tuesday July 21 11:30 A.M. – 1:00 P.M. Led by Cindy Nissen

Got Stress? Join Wellness Nurse Cindy Nissen for **Relax & Renew**, a favorite of the Southwest Senior Center on Tuesday, July 21 at 10:00 A.M. to explore a variety of relaxation exercises you can do anytime or any place... just for the health of it! To join in on July 21, join online **OR** by telephone:

<https://rush.webex.com/rush/j.php?MTID=m602a40548e0ce48a84b8984b3187b7c5>

Meeting number:

190 772 552

Password:

rnC53S7RHPq

Join by phone

+1-312-535-8110 United States Toll (Chicago)

Access code: 190 772 552

VIRTUAL EVIDENCE-BASED EXERCISE PROGRAMS

Bingocize: FROM MAY 26TH THROUGH JULY 31ST

(See flyer on next page for details)

Looking for a way to stay active, while stuck at home? Join our evidence-based exercise program, Bingocize, and follow along from the comfort of your own home. You may participate in the group with video from your computer/tablet or you can participate by phone only.

To Join by Phone: Dial (312) 626 6799
Enter Meeting ID: 929 9106 9896

To Join by Zoom:

Step One: Go to Zoom.com

Step Two: Click “Join Meeting”

Step Three: Type in Meeting ID: 929 9106 9896

Or Click Meeting Link: <https://zoom.us/j/92991069896>

- Mondays and Fridays from 10:00 A.M. – 11:00 A.M. led by Luis in Spanish **(Spanish Program will start on May 29th)**
- Tuesdays and Thursdays from 10:00 A.M. – 11:00 A.M. led by Paul in English **(English Program will start on May 26th)**

B I N G O *cize*®

Play Live!

Play Online!

Have Fun!



BINGOCIZE is a NEW program that combines the excitement of bingo with fun physical activity. Classes will be offered online through Zoom. You can access classes through a computer or cell phone with an internet connection. To register and learn how to use Zoom, please call White Crane Wellness Center at (773) 271-9001.

Schedule for May 26 through July 31st

Bingocize

Tuesdays and Thursdays

10am to 11am

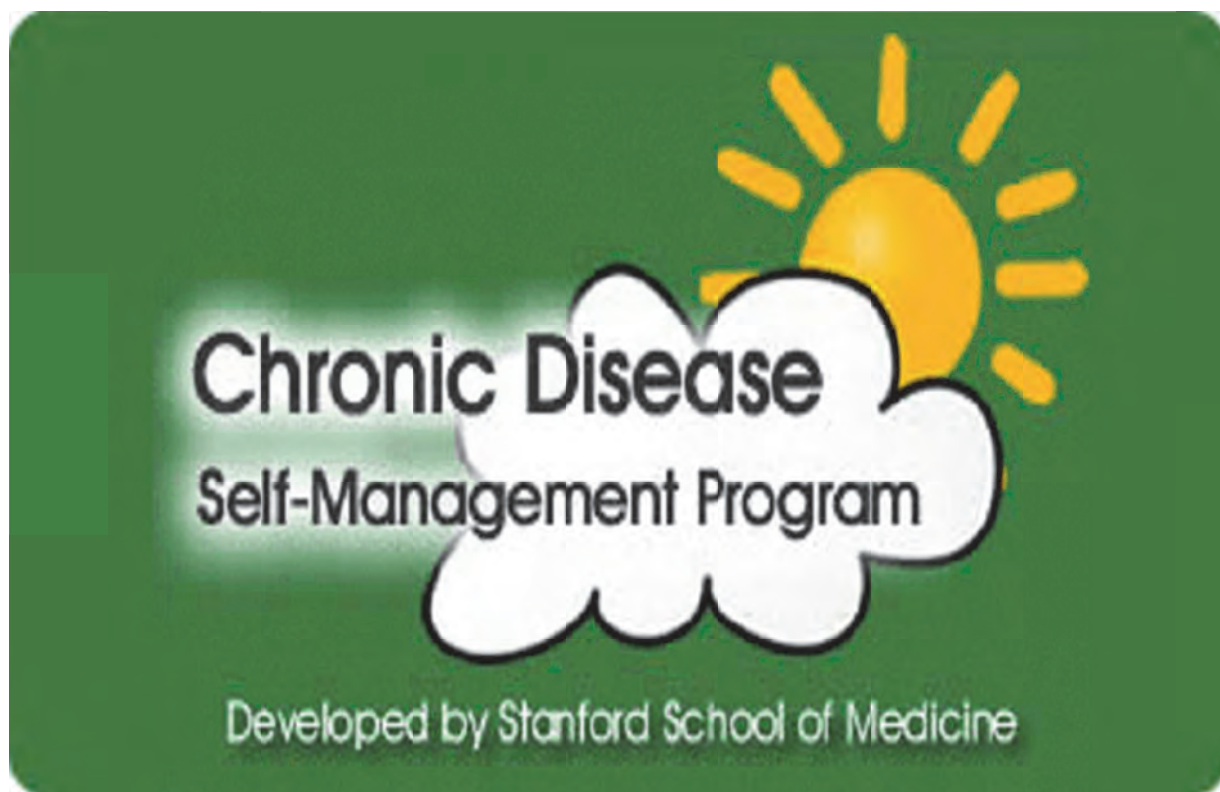
With Paul (in English)

Bingocize

Mondays and Fridays

10am to 11am

With Luis (in Spanish)



**Take Charge of Your Diabetes Program:
FROM JUNE 2ND THROUGH JULY 7TH
PRE-REGISTRATION REQUIRED**
(See flyer on next page for details)

Do you want to learn ways to live a healthier, happier life while having diabetes or prediabetes? Do you want to make a commitment to 'take charge of your health?' Learn more about the Take Charge of Your Health Diabetes program with Wellness Nurse Cindy from the Southwest Senior Center on Tuesday, May 19 at 10:00 am and register for the six-week class that starts June 2.

Zoom Meeting URL: <https://us02web.zoom.us/j/87914546063>

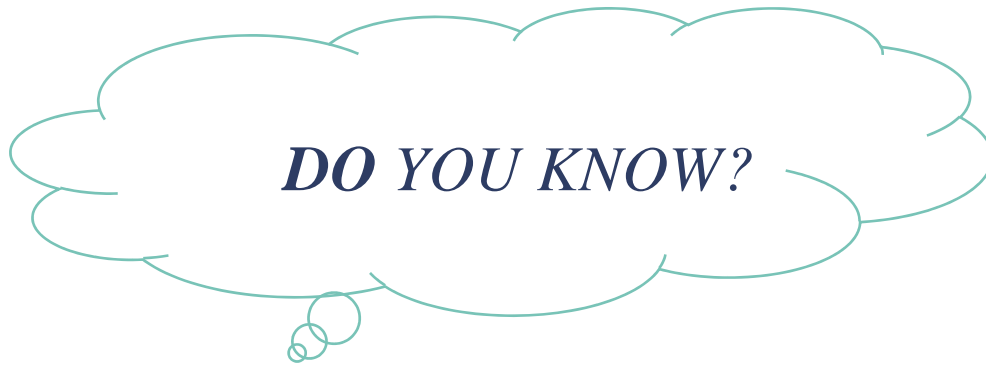
Meeting ID: 879 1454 6063

Phone Number:

1312-626-6799

87914546063# US (Chicago)

- Informational Session: Tuesday, May 19 at 10:00 am
- Class: Tuesdays, June 2, 9, 16, 23, 30 and July 7 from 12:30 pm – 3:00 pm led by Cindy Nissen and Jeaneane Quinn



No Yes

- Have **diabetes or prediabetes**?

- Want to learn ways to live a healthier, happier life while having **diabetes or prediabetes**?

- Want to **communicate better** with your doctors & other providers?

- Want to make a **commitment to yourself** to Take Charge of Your Health?

- Can you make a commitment to participate in **at least four of six classes** in this **six week** long class?

- Can you plan to learn more about this important diabetes program on **Tuesday, May 19 at 10:00 VIA ZOOM?**

<https://us02web.zoom.us/j/87914546063>

Meeting ID: 879 1454 6063

OR CALL

+13126266799, 87914546063# US (Chicago)

*If you answered **YES** to any of these questions, the Take Charge of Your Health program can help YOU!*



Medicare loses an estimated **\$60 billion each year** due to fraud, errors, and abuse. Every day, these issues affect countless beneficiaries nationwide.

Health Care Fraud Awareness Presentation with Jordan Stewart

Mr. Stewart will share the latest tricks and scams used by “Fraudsters” and the simple tips you can use to protect yourself from becoming a victim. Learn important strategies to protect, detect, and report health care fraud.

When: Thursday, May 28th

When: 11:00 am

Dial by Phone: (312) 626-6799 **and Enter:** 938 4283 4517

To Join by Zoom:

Step One: Go to Zoom.com

Step Two: Click “Join Meeting”

Step Three: Type in Meeting ID: 938 4283 4517

Or Click Meeting Link: <https://zoom.us/j/93842834517>

*** Want to join presentation by Zoom and don’t know how?
Call White Crane Wellness Center at (773) 271-9001.**

**Chicago Health Care Fraud Prevention Week
(May 25th Through May 31st)**

What Does the 2020 Census Ask Me?

The census begins in March 2020! Responding to the census will ensure that your family and community get its fair share of government resources, services and representation. Starting in late March 2020, you can respond to the census online or by phone. Each household (a household includes everyone who lives at one address) should submit **one** form and should list every person who lives at that address.

The form will not ask you about your immigration or citizenship status.

The form will not ask for your Social Security Number.

The 2020 Census Will Ask About Your Household:

The number of people in the household on April 1.	<i>Include everyone in your home, even if they are not related to you. The census counts all people in the U.S., including small children, non-citizens, renters – everyone.</i>
Do you own or rent your home?	
Telephone number	<i>This will only be used if needed for official Census Bureau business.</i>

The 2020 Census Will Ask About the People Who Live in Your Household:

Name, sex, age, and date of birth of each person in the household	
Relationship to the person filling out the form	
Race	<i>You can choose one or more races. If you identify as multiracial, you can check the box or boxes for your racial groups and write in additional detail about your racial background (Example: Check box "Black," write in "African American" and check box for "Chinese. "). Not all racial groups are listed as check box options. If your racial group is not listed, you can write in additional detail about your racial background.</i>
Hispanic origin	<i>Hispanic origin is considered an ethnicity, not a race. You can mark that you are not of Hispanic origin, or mark that you are Hispanic and note your ethnic origin.</i>

Is Participating in the Census Safe?

Your census answers are confidential. The Census Bureau is not allowed to share your individual information with other government agencies, immigration officials, or the public.

Federal law requires everyone to participate in the census and to answer all the questions truthfully. Do not lie when responding to the census. If you skip a question your form will still be counted. Answering the census as completely as possible will help ensure a census taker does not come to your home to get the missing information!

You can find more information about the census at www.countusin2020.org/resources.

Feeling Disconnected? We Have a Solution for You!

FREE Zoom Tutorial Designed Just For Seniors!

During this time of social distancing, the City of Chicago's Health Promotion Providers are using ZOOM to offer health and wellness services online.

You can still participate by phone, but if you would like to enhance your experience, you can connect online via a laptop, desktop computer, tablet or cell phone. By connecting online, you will be able to see our health promotion team (Nurses, Social Workers, Dietitians, Pharmacists, and Evidence-Based Class Leaders), as well as your fellow senior participants.

The tutorial will cover the basics of using Zoom including:

- Where is the microphone / mute button?
- Where is the video button?
- Where is the "chat" button?
- How can I see who is talking?
- How can I see everyone on the call?
- How do I change my screen name?

**To register for a free tutorial, please contact:
White Crane Wellness Center
by phone at (773) 271-9001
or by e-mail at info@whitecranewellness.org .**

White Crane
Wellness Center

¿Te sientes desconectado? ¡Tenemos una solución para ti!

Tutorial GRATUITO de Zoom

¡Diseñado solo para personas mayores!

Durante este tiempo de distanciamiento social, los proveedores de promoción de la salud de la ciudad de Chicago están utilizando el ZOOM para ofrecer servicios de salud y bienestar en línea.

Aún puede participar por teléfono, pero si desea mejorar su experiencia, puede conectarse en línea a través de una computadora portátil, computadora de escritorio, tableta o teléfono celular. Al conectarse en línea, podrá ver a nuestro equipo de promoción de la salud (enfermeras, trabajadores sociales, dietistas, farmacéuticos y líderes de clase basados en evidencia), así como a sus compañeros participantes mayores.

El tutorial cubrirá los conceptos básicos del uso de ZOOM, incluidos:

- ¿Dónde está el botón de micrófono / silencio?
- ¿Dónde está el botón de video?
- ¿Dónde está el botón "chat"?
- ¿Cómo puedo ver quién está hablando?
- ¿Cómo puedo ver a todos en la llamada?
- ¿Cómo cambio mi nombre de usuario?

Para registrarse para obtener un tutorial gratuito, comuníquese con: White Crane Wellness Center

Por teléfono al (773) 271-9001

O por correo electrónico a info@whitecranewellness.org

White Crane
Wellness Center

REGIONAL SENIOR CENTERS

HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m. Many have weekend hours.

Northeast (Levy)

Regional Senior Center
2019 W. Lawrence Ave.
(312) 744 -0784 (60625)
TDD: (312) 744 - 0320

Northwest (Copernicus)

Regional Senior Center
3160 N. Milwaukee Ave.
(312) 744 -6681 (60618)
TDD: (312) 744- 0321

Southeast (Atlas)

Regional Senior Center
1767 E. 79th St.
(312) 747- 0189 (60649)
TDD:(312) 744 -0322

Southwest Regional Senior Center

6117 S. Kedzie Ave.
(312) 747 -0440 (60629)
TDD: (312) 744 -0323

Central West Regional Senior Center

2102 W. Ogden Ave.
(312) 746 – 5300 (60612)
TDD: (312) 744 – 0319

Renaissance Court

At the Chicago Cultural Center
78 E. Washington St.
(312) 744 – 4550 (60602)
TDD: (312) 744 – 6777

SATELLITE SENIOR CENTERS

HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m.

Abbott Park

Senior Satellite Center
49 East 95th St., 60619
(312) 745- 3493
Operator: Catholic Charities

Auburn Gresham

Senior Satellite Center
1040 W. 79th St., 60620
(312) 745-4797
Operator: Catholic Charities

Austin Senior Satellite Center

5071 W. Congress, 60644
(312) 743-1538
Operator: Catholic Charities

Chatham

Senior Satellite Center
8300 S. Cottage Grove,
60619
(312) 745 - 0401
Operator: Centers for New Horizons

Edgewater Senior Satellite Center

5917 N. Broadway, 60660
(312) 742-5323
Operator: Catholic Charities

Englewood Senior Satellite Center

653 - 657 W. 63rd St., 60621
(312) 745 - 3328
Operator: Catholic Charities

Garfield Ridge

Senior Satellite Center
5674-B S. Archer, 60638
(312) 745-4255
Operator: SSSSO

Kelvyn Park Senior Satellite Center

2715 N. Cicero, 60639
312-744-3350
Operator: Northwest Side Housing Center

North Center Senior Satellite Center

4040 North Oakley, 60618
(312) 744 - 4015
Operator: Catholic Charities

Norwood Park

Senior Satellite Center
5801 N. Natoma 60631
(773) 775-6071
Operator: Norwood Crossing

Pilsen Senior Satellite Center

2121 S. Morgan, 60608
(312) 743-0493
Operator: Alivio Medical Center

Portage Park Senior Satellite Center

4100 N. Long, 60641
(312) 744-9022
Operator: Catholic Charities

South Chicago Senior Satellite Center

9233 S. Burley (60617)
(312) 745-1282
Operator: Catholic Charities

Roseland Senior Satellite Center

10426 S. Michigan., 60628
(312) 745 – 1500
Operator: Catholic Charities

West Town Senior Satellite Center

1613 W. Chicago, 60622
(312) 743-1016
Operator: Catholic Charities