Community Resource Guide

A Guide to Services in the Community for Older Adults and Caregivers in the Northwest Suburbs

nch.org

Northwest
Community
Healthcare
Part of NorthShore
Table of Contents

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Day Care</td>
<td>2</td>
</tr>
<tr>
<td>Caregiver Education and Support</td>
<td>3</td>
</tr>
<tr>
<td>Community Nursing</td>
<td>5</td>
</tr>
<tr>
<td>Continuing Care Coordination</td>
<td>7</td>
</tr>
<tr>
<td>Dental Services (low cost)</td>
<td>8</td>
</tr>
<tr>
<td>Drivers’ Services</td>
<td>9</td>
</tr>
<tr>
<td>Financial Services</td>
<td>10</td>
</tr>
<tr>
<td>Food Programs</td>
<td>12</td>
</tr>
<tr>
<td>Health Insurance Resources</td>
<td>16</td>
</tr>
<tr>
<td>Hearing Impairment</td>
<td>18</td>
</tr>
<tr>
<td>Home Healthcare Services (skilled and private home services)</td>
<td>19</td>
</tr>
<tr>
<td>Home Help Resources (in-home and delivery services)</td>
<td>22</td>
</tr>
<tr>
<td>Home Medical Services, Resources, Equipment, and Lending Closets</td>
<td>24</td>
</tr>
<tr>
<td>Hospice and Palliative Care</td>
<td>29</td>
</tr>
<tr>
<td>Housing Resources and Continuing Care Facilities</td>
<td>30</td>
</tr>
<tr>
<td>Legal Resources</td>
<td>39</td>
</tr>
<tr>
<td>Mental Health and Substance Abuse</td>
<td>40</td>
</tr>
<tr>
<td>NCH Locations</td>
<td>41</td>
</tr>
<tr>
<td>Non-Emergency Police Phone Numbers</td>
<td>43</td>
</tr>
<tr>
<td>Rehabilitation Services</td>
<td>44</td>
</tr>
<tr>
<td>Relocation Services</td>
<td>45</td>
</tr>
<tr>
<td>Senior Centers</td>
<td>46</td>
</tr>
<tr>
<td>Support Groups</td>
<td>48</td>
</tr>
<tr>
<td>Transportation Services (subsidized)</td>
<td>50</td>
</tr>
<tr>
<td>Township Resources and Services</td>
<td>52</td>
</tr>
<tr>
<td>Vision Impairment Services</td>
<td>53</td>
</tr>
<tr>
<td>Change Form</td>
<td>54</td>
</tr>
<tr>
<td>Quick Reference</td>
<td>55</td>
</tr>
</tbody>
</table>

Northwest Community Healthcare (NCH) has strived to make the information in this document as timely and accurate as possible, but NCH makes no claims, promises, or guarantees about the accuracy, completeness, or adequacy of its contents. NCH expressly disclaims liability for errors and omissions in the contents of this document. Reference in this document to any specific service, company or product is for the information and convenience of the public, and does not constitute endorsement, recommendation, or favoring by NCH. This document is updated annually and includes resources only in its service area. (REV1.2021)
Adult Day Care

A Caring Place
Christus Victor Lutheran Church
1045 S Arlington Heights Rd
Elk Grove Village, IL
847-437-2666
evlutheran.org/acaringplace

Alden Poplar Creek Adult Day Center
1545 Barrington Rd
Hoffman Estates, IL
847-884-0011
www.aldenpoplarcreek.com
aldenpoplarcreek.com/

Caring Hearts Adult Day Services
Palatine Township Senior Center
505 S Quentin Rd
Palatine, IL 60067
847-991-1112
ptscc.org/caring-hearts-adult-day-services-p-34

Cherished Place Adult Day Services
800 W Oakton St
Arlington Heights, IL
847-368-7397
lutheranhome.org/innovations/cherished-place/

Forever Young Adult Day Care
818 Chaddick Dr
Wheeling, IL
847-229-0001
foreveryoungads.com

Kenneth Young Center (assessments)
1001 Rohlwing Rd
Elk Grove Village, IL
847-524-8800
kennethyoung.org

Lee Manor Nursing & Rehab Center
Adult Day Service Program
1301 Lee St
Des Plaines, IL  60018
847-635-4000
leemanor.com

Lutheran Home & Services
800 W Oakton St
Arlington Heights, IL
847-368-7400
lutheranhome.org

The Moorings Health Center
761 Old Barn Ln
Arlington Heights, IL
847-956-4095
presbyterianhomes.org

Xilin Adult Day Care Center
145 E Algonquin Rd
Arlington Heights, IL
(847) 607-6555
xilin.org/Adult-Daycare-Service
Caregiver Education and Support

Local Caregiving Resources

Acts of Kindness
2121 S. Goebbert Rd
Arlington Heights, IL
847-718-7700
c214.org

At Your Service
Hourly caregiver for hire
847-361-0002

Barrington Area Council on Aging
6000 Garland Ln
Barrington, IL
847-381-5030
bacoa.org

Caring for Our Elderly
800 W Oakton St
Arlington Heights, IL
847-368-7400
lutheranhome.org

Catholic Charities
Northwest Senior Services
1801 W Central Rd
Arlington Heights, IL
847-253-5500
catholiccharities.net

Kenneth Young Center (assessments)
1001 Rohlwing Rd
Elk Grove Village, IL
847-524-8800
kennethyoung.org

Palatine Township Senior Center
Caregiver Support Group
505 S. Quentin Rd.
Palatine, IL 60067
847-991-1112 ext.226
ptscc.org

Wheeling Township Programs
1616 N Arlington Heights Rd
Arlington Heights, IL
847-259-7730
wheelingtowndship.com
National Caregiving Resources

AARP
888-687-2277
aarp.org/families/caregiving

Aging Life Care Association
520-881-8008
caremanager.org

Alzheimer’s Association
800-272-3900
alz.org

Eldercare Locator
800 677-1116
Eldercare.gov

Family Caregiving Alliance
800-445-8106
caregiver.org

National Family Caregivers Association
800-896-3650
caregiveraction.org

Community Care Program (CCP)
CCP provides homemaker or adult day care services for seniors with limited assets in an effort to help them stay in their home as long as possible. Call to find the care program in your area.
800-252-8966

PACE
800-633-4227
Npaonline.org/pace-you

Online Resources

Caregiver Survival Resources
caregiver.com

Caregiving Online
caregiving.com
Community Nursing (free)

**NCH FREE Community Nursing**

**Palatine Community Nurse**  
(Bilingual/Spanish)  
Community Resource Center  
1585 N Rand Rd, Palatine, IL  
847-776-9570  
Monday-Wednesday-Thursday  
Appointments suggested

**Schaumburg Community Nurse**  
Schaumburg Township  
One Illinois Blvd  
Hoffman Estates, IL  
847-285-4551  
Tuesday-Thursday  
Walk-ins welcome

**Arlington Heights Senior Center**  
1801 W Central Rd  
Arlington Heights, IL  
847-253-5532  
Tuesdays  
Walk-ins welcome

**Village Nurses**

**Arlington Heights**  
33 S Arlington Heights Rd  
Arlington Heights, IL  
847-368-5760  
vah.com

**Hoffman Estates**  
1900 Hassell Rd  
Hoffman Estates, IL  
847-781-4850  
hoffmanestates.org

**Mount Prospect**  
50 S Emerson St  
Mount Prospect, IL  
847-870-5680  
mountprospect.org

**Schaumburg**  
746 E Schaumburg Rd  
Schaumburg, IL 60194  
847-923-3766  
villageofchaumburg.com

**Township Nurses**

**Hanover Township**  
240 S Route 59  
Bartlett, IL  
630-483-5665  
hanover-township.org

**Schaumburg**  
One Illinois Blvd  
Hoffman Estates, IL  
847-285-4551  
schaumburgtownship.org  
(NCH nurse is here)
Wheeling Township
1616 N Arlington Heights Rd
Wheeling, IL
847-259-7730
wheelingtownship.com

Parish Nurses

Faith Lutheran Church
431 S Arlington Heights Rd
Arlington Heights, IL
847-253-4839
faithlutheran-ah.org

Our Lady of the Wayside
434 W Park St
Arlington Heights, IL
847-253-5353
olwparish.org/support

Queen of the Rosary Catholic Church
680 West Elk Grove Blvd.
Elk Grove Village, IL
847-437-0403
Email: dianetieman@qotr.org
**Continuing Care Coordination**
These resources will help with your transition from one facility to another.

**AgeOptions**
1048 Lake St, Suite 300
Oak Park, IL
800-699-9043
[ageoptions.org](http://ageoptions.org)

**A-Senior Corporation**
1550 E Higgins Rd, Suite 119
Elk Grove Village, IL
847-718-0718
[exclusiveforseniors.com](http://exclusiveforseniors.com)

**Care Navigators**
847-250-1829
[care-navigators.com](http://care-navigators.com)

**Catholic Charities – Northwest Senior Services**
1801 W Central Rd
Arlington Heights, IL
847-253-5500
[catholiccharities.net](http://catholiccharities.net)

**Kenneth Young Center**
1001 Rohlwing Rd
Elk Grove Village, IL
847-524-8800
[kennethyoung.org](http://kennethyoung.org)

**VNA Health Trends of Illinois**
200 E Howard St, Suite 248
Des Plaines, IL
847-674-7174 | 800-934-2228
[vnahealthtrends.com](http://vnahealthtrends.com)
Dental Services (low cost)

Northwest Community Healthcare
Mobile Dental Clinic
(For residents of respective townships)

Elk Grove Township: 847-437-0300
Palatine Township: 847-358-6700
Schaumburg Township: 847-884-0030
Wheeling Township: 847-259-7730

Arlington Heights Health Center
847-934-7969
Cookcountyhealth.org

Harper College Dental Hygiene Dept.
1200 W Algonquin Rd
Palatine, IL
847-925-6534
goforward.harpercollege.edu/academics/areas/health/dental/dentalclinic.php

Homebound IL Foundation for Dentistry for the Handicapped
312-440-8976

Illinois Dental Health/Referral Program
888-286-2447
(Only for those receiving Public Aid)

Midwestern University
630-743-4500

UIC College of Dentistry
801 S Paulina St
Chicago, IL
312-996-7555
hospital.uillinois.edu/primary-and-specialty-care/dentistry

Willow Creek Care Center Dental Clinic
224-512-2600
Drivers’ Services

AARP Drivers Safety Program
888-227-7669
aarp.org/drive

Auto Safety (Dept. of Transportation Vehicle Safety)
Information on recalls, safety complaints and vehicle IDs
800-424-9393
nhtsa.gov/

Illinois Secretary of State

Resources for seniors
cyberdriveillinois.com/services/servicesforseniors

Resources for deaf drivers
cyberdriveillinois.com/services/personswithdisabilities/hearingimpaired.html

Driver’s license renewal information
cyberdriveillinois.com

Facility finder
ilsos.gov/facilityfinder/facility

Photo IDs – Sec. of State Mobile Van
Available for driver's license renewals and identification cards at designated events. Drivers age 75 and older are required to take a driving test to renew their driver's licenses and must visit a driver's facility.
312-814-3676
cyberdriveillinois.com
Financial Services

General Financial Assistance

Emergency Financial Assistance  
(For residents only)  
Village of Arlington Heights  
Department of Human Services  
847-368-5792

Illinois Dept. of Human Services  
3501 Algonquin Rd 4th Floor  
Rolling Meadows, IL  
847-483-7171

Northwest Compass  
1300 W Northwest Hwy  
Mount Prospect, IL  
847-392-2344  
northwestcompass.org

Salvation Army  
1616 N Arlington Heights Rd  
Arlington Heights, IL  
847-392-0265

Social Security Administration  
705 N. Wheeling Rd  
Mt. Prospect, IL  
800-772-1213

Contact your local Township  
Townships offer a variety of financial programs and services for their residents.

Financial Counseling

Kenneth Young Center  
1001 Rohlwing Rd  
Elk Grove Village, IL  
847-524-8800

Village of Arlington Heights  
Department of Human and Disability Services  
33 S Arlington Height Rd  
Arlington Heights, IL  
847-368-5792

Pharmacy Assistance

Medicare Extra Help Program, apply at SSA.gov  
Needymeds.org  
rxassist.org  
goodrx.com
## Financial Services
(continued)

### Income Tax Assistance

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP Tax Aide</td>
<td>888-227-7669</td>
<td></td>
</tr>
<tr>
<td>Arlington Heights Memorial Library</td>
<td>500 N Dunton Ave</td>
<td>847-392-0100</td>
</tr>
<tr>
<td>Arlington Heights Senior Center</td>
<td>1801 W Central Rd</td>
<td>847-253-5532</td>
</tr>
<tr>
<td>Des Plaines Public Library</td>
<td>1501 N Ellenwood St</td>
<td>847-253-5532</td>
</tr>
<tr>
<td>Palatine Township Senior Center</td>
<td>505 S Quentin Rd</td>
<td>847-991-1112</td>
</tr>
<tr>
<td>Schaumburg Township</td>
<td>1 Illinois Blvd.</td>
<td>847-884-0030</td>
</tr>
<tr>
<td>Wheeling Township</td>
<td>1616 N. Arlington Heights Road</td>
<td>847-259-7730</td>
</tr>
</tbody>
</table>
Food Programs

Meal Delivery

Federally Funded Delivery**

Catholic Charities
847-253-5500
• Barrington Township
• Hanover Township
• Palatine Township
• Wheeling Township

Catholic Charities
847-740-6715
• Ela Township

Kenneth Young Center
847-524-8800
• Elk Grove Township
• Schaumburg Township
• Unincorporated Des Plaines

North Shore Senior Center
847-784-6000
• Maine Township

Non-Federally Funded Delivery
(may be subsidized by the facility)

Advocate Older Adult Services
847-723-7770

Barrington Area Council on Aging
847-381-5030

City of Des Plaines
847-391-5492

Frisbie Senior Center
847-768-5944

Wheeling Township
847-259-7730

Other Food Delivery Options

Bistro MD
866-401-3438
Bistromd.com

Chefs for Seniors
844-237-2433
Chefsforseniors.com

Factor 75 Home Delivered Meals
888-573-5727
Factor75.com

Farmers Pride Market
847-577-2833

**If on Medicaid, contact your Managed Care Organization directly
Food Programs (continued)

Home’s Bistro
800-749-1170
homebistro.com

Magic Kitchen
877-516-2442
magickitchen.com

Mom’s Meals
877-508-6667
momsmeals.com

Mindful Kitchen
847-398-7480
amindfullkitchen.com

Oberweis Dairy
888-645-5868
Oberweis.com

Peapod
847-726-8897
Peapod.com

Restaurants on the Run
847-882-2525
Rotr.com

Schwan’s
888-724-9267
Schwans.com

Seattle Sutton’s Healthy Eating
800-442-3438
Seattlesutton.com

TELEgrocers
847-726-1481
telegrocers.com

Top Chef Meals
800-616-8044
topchefmeals.com

Uber Eats (online only)
ubereats.com

Other Food Programs

Northwest Community Healthcare
800 W. Central, Oasis Cafeteria
Arlington Heights, IL
Senior Supper Club, every Tuesday
5-6:30 p.m. Dinner and drink for $5
847-618-4968.

Arlington Heights Dining Program
1801 Central Rd
Arlington Heights, IL
847-797-5353

Barrington Area Council on Ageing
6000 Garlands Lane, Suite 100
Barrington, IL
847-381-5030

Center of Concern at Des Plaines Public Library
1501 Ellinwood Ave
Des Plaines, IL
847-823-0453
Hanover Township Dining Program
240 South IL Route 59
Bartlett, IL
630-483-5600

Hanul Family Alliance
1166 S. Elmhurst Rd
Mt. Prospect, IL
847-439-5195

Metropolitan Asian Family Services
9015 N. Milwaukee Ave
Niles, IL
847-824-9414

Palatine Township Senior Center
505 S. Quentin Rd
Palatine, IL
847-991-1112

Schaumburg Barn Older Adult Market
231 S. Civic Drive
Schaumburg, IL
847-524-7496

St James Catholic Church
820 N Arlington Heights Rd
Arlington Heights, IL
847-253-6305

Village of Wheeling
199 N First St.
Wheeling, IL
847-459-2670

Xilin Association
145 E Algonquin Rd
Arlington Heights, IL
847-607-6555

Supplemental Nutrition Assistance Program (SNAP) previously called Food Stamps
Illinois Dept. of Human Services
3501 Algonquin Rd 4th Floor
Rolling Meadows, IL
847-483-7171
abe.illinois.gov
## Food Pantries

### Township Food Pantries

<table>
<thead>
<tr>
<th>Township</th>
<th>Address</th>
<th>Phone 1</th>
<th>Phone 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barrington Township</td>
<td>1140 E. Northwest Hwy</td>
<td>847-381-5632</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Palatine, IL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elk Grove Township</td>
<td>1140 E. Northwest Hwy</td>
<td>847-381-5632</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Palatine, IL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hanover Township</td>
<td>777 Meacham Rd</td>
<td>630-540-9085</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Elk Grove Village, IL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maine Township</td>
<td>773-247-3663</td>
<td>847-297-2510</td>
<td></td>
</tr>
<tr>
<td>Palatine Township</td>
<td>773-247-3663</td>
<td>847-358-6700</td>
<td></td>
</tr>
<tr>
<td>Schaumburg Township</td>
<td>600 E Algonquin Rd</td>
<td>847-884-0030</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Des Plaines, IL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheeling Township</td>
<td>2525 N Arlington Heights Rd</td>
<td>847-259-7730</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Arlington Heights, IL</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Other Food Pantries

<table>
<thead>
<tr>
<th>Pantry</th>
<th>Address</th>
<th>Phone 1</th>
<th>Phone 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEDA Northwest</td>
<td>1300 West Northwest Highway</td>
<td>(847) 392-2344</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mount Prospect, IL</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trinity Charities</td>
<td>927 N. Plum Grove Rd</td>
<td>847-264-4660</td>
</tr>
<tr>
<td></td>
<td>Schaumburg, IL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harvest Bible Food Pantry</td>
<td>1051 Rohlwing Rd</td>
<td>847-398-7005</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rolling Meadows, IL</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Willow Creek Pantry</td>
<td>67 East Algonquin Rd</td>
<td>224-512-2600</td>
</tr>
<tr>
<td></td>
<td>South Barrington, IL</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Health Insurance Resources

AgeOptions
1048 Lake St, Suite 300
Oak Park, IL
800-699-9043
708-383-0258
ageoptions.org

Federal Long-Term Insurance Program
800-582-3337

Illinois Department of Insurance
866-445-5364

Illinois Health Benefits Hotline
800-226-0768

Illinois Department of Insurance

Market Place/Get Covered Illinois
866-311-1119

Medicare
For persons 65 and older
800-633-4227
medicare.gov
Information Hotline: 312-353-7180
Fraud Hotline: 800-447-8477

Senior Health Insurance Program (SHIP)

This is a free and convenient counseling service using Senior Health Insurance Program volunteers who are trained and certified by the Illinois Department of Financial and Professional Regulation to help older adults understand their insurance and other insurance alternatives. SHIP does not sell health insurance, but can help you:

- Get answers to questions about health insurance plan features
- Benefit coordination
- Understanding your options
- Supplemental insurance
- Medicare C and D plans
- Get assistance in how to appeal a claim.

Visit illinois.gov/aging/ship for more information or call 800-252-8966.
**Local offices with SHIP Medicare Counselors:**

<table>
<thead>
<tr>
<th>Office</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arlington Heights Senior Center</td>
<td>847-253-5532</td>
</tr>
<tr>
<td>Barrington Area Council on Aging</td>
<td>847-381-5030</td>
</tr>
<tr>
<td>Catholic Charities Northwest</td>
<td>847-253-5500</td>
</tr>
<tr>
<td>Center of Concern</td>
<td>847-823-0453</td>
</tr>
<tr>
<td>Hanover Township Senior Center</td>
<td>630-837-0301</td>
</tr>
<tr>
<td>Kennedy Young Center</td>
<td>847-524-8800</td>
</tr>
<tr>
<td>Palatine Township Senior Center</td>
<td>847-991-1112</td>
</tr>
<tr>
<td>Pavilion Senior Center (Wheeling)</td>
<td>847-459-2670</td>
</tr>
<tr>
<td>Schaumburg Township</td>
<td>847-884-0030</td>
</tr>
<tr>
<td>Wheeling Township</td>
<td>847-259-7730</td>
</tr>
</tbody>
</table>
Hearing Impairment

Center on Deafness
3444 Dundee Rd.
Northbrook, IL 60065
847-559-0110

Chicago Hearing Society
Offers counselors/advocates for the deaf and hard of hearing domestic violence victims
773-248-9121 (Phone)
773-248-9174 (TTY)
chicagohearingsociety.org

Free Hearing Screening
880 W Central Rd, Suite 4300
Arlington Heights, IL
847-392-2250
nwhearing.com

Hearing Aid Helpline
800-521-5247

Illinois Telecommunication Access Corporation (ITAC)
ITAC provides a free TTY phone for those who cannot use a regular phone.
3001 Montvale Dr., Suite D
Springfield, IL 62704
800-841-6167 (Phone & TTY)
www.itactty.org

Schaumburg Township Disability Services Department
Testing site for FREE amplified telephones to qualified residents
One Illinois Blvd
Hoffman Estates, IL
837-884-0030
schaumburgtownship.org

Schaumburg Township Disability Services Department
Deaf Support Group
TTY (847) 884-1560
VP (224) 520-9763.
sphadke@schaumburgtownship.org

Hearing Aids for Veterans
va.gov
Home Healthcare Services

(Skilled)

What is home healthcare?
Home healthcare is defined as skilled, medical services, ordered by a physician and provided in the home. Medicare and most commercial insurance covers eligible home health services provided patients are homebound, under a doctor’s care and the home health agency is Medicare-certified. (Some of these companies are headquartered out of our service area, but they provide services locally.)

Northwest Community Hospital
Home Care
847-618-7800
nch.org

Guardia Home Healthcare
181 Waukegan Rd, Suite 301
Northfield, IL 60093
847-441-5020
ghh1.com

Advocate Home Health Services
205 W. Touhy Ave
Park Ridge, IL 60068
800-564-2025
advocatehealth.com

Medi Link Health Services, LLC
1701 E. Woodfield Rd, Suite 835
Schaumburg, IL 60173
847-995-9900
medilinkhomehealth.com

Amedisys Home Health
765 Ela Rd, Suite 105
Lake Zurich, IL
847-438-4805
amedisys.com

Residential
888-923-5842
Residentialhealthcaregroup.com

Aspire Home Health
8930 Waukegan Rd.
Morton Grove, IL
312-788-8014
aspire4home.com

VNA Health Trends
200 E Howard Ave, Suite 248
Des Plaines, IL
847-674-7174
vnahealthtrends.com

B G Home Health Providers
133 W. Rand Road
Arlington Heights, IL
847-656-5035

carelinkhomehealth.org

CareLink Home Health
847-426-0300
Carelinkhomehealth.org
(Non-medical)

**What are private home care services?**
Private home care is supportive care provided in patients’ residences and is a home-based alternative to assisted living. From assistance with bathing and dressing to meal preparation and light housekeeping, **non-medical home care** helps keep elderly patients independent yet cared for in between visits with their doctors and family. This type of care is a private pay, out-of-pocket expense.

**A Homecare Service LLC.**
800 E Northwest Highway, Suite 609
Palatine, IL 60074
847-800-7000
[www.ahomecareservice.com](http://www.ahomecareservice.com)

**First Light Home Care**
906 W Northwest Hwy
Arlington Heights, IL
847-749-4542

**A-Senior Corporation**
1550 E Higgins Rd
Elk Grove Village, IL
847-718-0718
[exclusiveforseniors.com](http://exclusiveforseniors.com)

**Harmony Home Care, Inc.**
316 W Northwest Hwy
Barrington, IL 60010
847-382-6200
[yharmony.com](http://yharmony.com)

**At Your Service**
847-221-8444
[Ayscares.com](http://Ayscares.com)

**Help at Home, Inc.**
1636 E Algonquin Rd
Schaumburg, IL
847-907-4669
[helpathome.com](http://helpathome.com)

**Brightstar Healthcare - Schaumburg**
650 E Algonquin Rd, Suite 301
Schaumburg, IL 60173
847-925-0818
[brightstarcare.com](http://brightstarcare.com)

**Home Care Angels**
2720 S River Rd, Suite 116
Des Plaines, IL
847-824-5221
[homecareangelsinc.com](http://homecareangelsinc.com)

**Center of Concern**
Senior Companion Program
847-823-0453
[Centerofconcern.org](http://Centerofconcern.org)

**Home Instead Senior Care**
450 E Higgins Rd
Elk Grove Village, IL
847-690-9825
[homeinstead.com](http://homeinstead.com)

**Comfort Keepers**
800-618-2088
Wheeling: 847-215-8550
Palatine: 847-221-5300
[comfortkeepers.com](http://comfortkeepers.com)

**Innovative Homecare Solutions, Inc.**
630-225-0100
[InnovativeHomecare.com](http://InnovativeHomecare.com)
LifeStyle Options
475 N Martindale Rd, Suite 260
Schaumburg, IL
888-342-4636
847-240-7330
lifesetyleoptions.com

Maggie’s Healthcare Providers, Inc.
847-672-8269
Maggie.mhcpil@gmail.com
Maggieshomecare.com

MySolutions
800 W. Oakton St
Arlington Heights, IL
847-705-2123
Mysolutions.org

Optimum Senior Care
415 W Golf Rd, Suite 40
Arlington Heights, IL 60005
847-483-8800
optimumseniorcare.com

Partners in Senior Care
125 Hawley St
Grayslake, IL
847-548-1330
partnersinseniorcare.com

SYNERGY HomeCare
200 West Higgins Rd, Suite 332
Schaumburg, IL
877-432-2692
Synergyhomecare.com

Touching Hearts at Home Rolling Meadows
1600 Golf Road, Suite 1200 PMB#102
Rolling Meadows, IL 60008
(847) 715-6063
www.touchinghearts.com/nwsuburbs

Visiting Angels
2340 South Arlington Hts Rd,
Suite 410
Arlington Heights, IL 60005
847-963-8944
Visitingangels.com/arlingtonheights
Home Help Resources

**Companionship**

Friendly Visiting in Wheeling Township
1616 N Arlington Heights Rd
Arlington Heights, IL
847-259-7730
wheelingtownship.com

CJE Senior Life’s Friendly Caller Program
773-508-1000

**Dry Cleaners (home delivery)**

Cleaners Options
847-612-1662

Jet Cleaners & Laundry
847-663-0725

**Hair Stylists**

Glamour on the Go – Hair Care
847-296-9177

Hair Dressers for the Homebound
847-344-1843 (8 am – 5 pm)
847-524-5458 (after 6 pm)

The Hair Mobile
847-322-5403

Karen’s In Home Hair Care
847-991-7687

Nancy Hull (Hair Styling)
847-394-1195

Stacy’s Hair Salon
630-781-6105

**Handyman Services**

Acts of Kindness
2121 S. Goebbert Rd
Arlington Heights, IL
847-718-7700
d214.org

A-OK
Seniors can participate in an income qualified home repair and maintenance program in spring and fall months.
Supervised by District 214 staff
847-718-7700

Chore Housekeeping
Catholic Charities
1801 W Central Rd
Arlington Heights, IL
847-253-5500
CatholicCharities.net

City of Rolling Meadows
Community Development
847-394-8500

Senior Handyman Program
847-969-0561	nwhp.net
Paint-a-Thon
Catholic Charities
This seasonal program provides exterior home painting for people living in the north and northwest suburbs of Chicago
847-253-5500

Organize
Called 2 Organize
847-529-0496

Paxem, Inc.
847-829-4437

MySolutions
847-705-2123

Mobile Pet Groomers

Aussie Pet Mobile
800-738-6624

Crusin’ Clippers Mobile Dog
(847) 923-8855

Dirty Dog Mobile Grooming
847-749-1177

4 Paws Only
(847) 833-2502

Pooch Caboose Mobile Dog Groom
(847) 537-1211

Wet Noses Mobile Grooming
(847) 345-5246

Pet Sitters
If you’re hospitalized and need care for your pet; contact your vet or use one of these online tools to find help.
Pactforanimals.org
Rover.com
Care.com
Home Medical Services, Resources, Equipment and Lending Closets

**Counseling (in-home)**

In-Home Counseling for Seniors  
847-903-5604  
[Inhomecounselingforseniors.com](http://Inhomecounselingforseniors.com)

**Emergency Home Response Services**

Alert 1 Medical Alert System  
800-366-7464

Alzheimer’s Association Safe Return  
888-572-8566

LifeBeacon  
888-331-1225

LifeLine System, Inc.  
800-579-3341

Link to Life  
855-742-5585

Medic Alert  
800-432-5378

Mobile Help  
800-992-0616

Philips Lifeline  
800-543-3546

Verizon Sure Response  
866-644-4534

**Walgreens Ready Response System**  
866-310-9061

**American Home Patient**  
800-773-9999

**Apria Healthcare**  
888-492-7742

**Best Accessibility Solutions**  
847-231-6482  
800-806-1190

**Home Medical Express (HME)**  
630-530-9777

**Illinois Assistive Technology Program**  
800-852-5110  
[Iltech.org](http://Iltech.org)

**Lang Home Medical Equipment**  
800-606-5264

**Lincare Inc.**  
847-357-1010

**Lincare Inc.**  
847-357-1010

**Mark Drugs**  
847-537-8500

**Medsource**  
800-699-4362
Patient’s Choice
888-311-0202

Prism Healthcare Services
800-493-7200

Total Home Health
847-931-9300

Van Driel’s Medical-Surgical Supplies
847-253-6494

Independent Living Products and Supplies

Independent Living Aids
800-537-2118
independentliving.com

Illinois Assistive Technology Program (Free loan program)
217- 522-7985
iltech.org

Illinois Telecommunication Access Corporation (ITAC)
800-841-6167
Itactty.org

The Chicago Lighthouse
312-666-1331
Thechicagolighthouse.org

Medminder
1-888-633-6463
medminder.com
Lending Closets

Suburbanresourceguide.com

Arlington Heights
(Arlington Heights residents)
847-797-5315

Des Plaines- Frisbie Center
(Anyone)
847-768-5994

Elk Grove Village
(Elk Grove Village residents)
847-364-7224

Hanover Township
(Anyone)
630-483-5600

Hoffman Estates
(Hoffman Estates residents)
847-781-4850

Lake Zurich
(Ela Township residents)
847-438-7823

Mount Prospect
(Mount Prospect residents)
847-870-5680

Palatine
(Palatine Township residents)
847-934-3016

Prospect Heights
(Prospect Heights residents)
847-398-6070

Schaumburg
(Schaumburg Township residents)
847-923-3766

Wheeling
(Village of Wheeling residents)
847-459-2670
Pharmacies (home delivery)

All pharmacies will require a credit card on file for any delivery.

A & T Pharmacy
1375 E Schaumburg Rd, Suite 120
Schaumburg, IL
847-584-0211

Mark Drugs
384 E. Irving Park Road
Roselle, IL
630-529-3400

DeliverCare Rx
1471 E Business Center Dr, Suite 200
Mt. Prospect, IL 60056
855-965-1600

Pill Pack Online Pharmacy
855-745-5725
pillpack.com

Jewel Osco
22 W Biesterfield Rd
Elk Grove Village, IL
847-593-1226

Walgreens
375 E. Dundee Ave
Palatine, IL
847-934-5741

Jewel Osco
45 S. Plum Grove Rd
Palatine, IL 60067
(847) 991-1888

Walgreens
One North Elmhurst Rd
Prospect Heights, IL
847-398-4673

Jewel Osco
3004 Kirchoff Rd
Rolling Meadows, IL
(847) 818-0095

Walgreens
1028 South Elmhurst
Mount Prospect, IL
847-437-1858

Keefer’s Pharmacy
5 W Prospect Ave
Mt. Prospect, IL
847-255-3220

Mariano’s Pharmacy
802 E. Northwest Hwy
Arlington Heights IL
847-259-1450
Physicians and Dentists
(\textit{house calls})

\textit{Dentists}
\textbf{Dr. James Pastika}
Home Visiting Dentist
224-558-1753

\textbf{Total Comfort Mobile Dental Care}
312-931-0968
\texttt{Homevisitdentists.com}

\textit{General Practitioner}
\textbf{MD at Home}
312-243-2223

\textit{Neuropsychologist}
\textbf{Dr. Brian Leahy}
847-981-3648

\textit{Optometrist}
\textbf{Dr. Steve Butzon}
630-279-8866

\textit{Podiatrists}
\textbf{Dr. Rick Ginsberg}
847-457-4562

\textbf{Dr. Elizabeth Pachoca}
847-398-9999
\texttt{Mytotalfootcare.com}

\textbf{Dr. Denise Petenzi}
312-505-0156
Hospice and Palliative Care

What is hospice care?
Hospice care provides medical management, emotional support and spiritual resources for patients who are in the last stage of a terminal illness. It focuses on quality of life instead of treatments to prolong life. Hospice care also helps family members manage the practical details and emotional challenges of caring for a dying loved one.

What is palliative care?
Palliative care is for patients with chronic illnesses who are continuing to receive curative treatments. It focuses on controlling pain and easing the symptoms and stress of a serious illness. The goal of palliative care is to improve the quality of life for both patients and families.

Heartland Home Health Care, Hospice & Infusion
866-216-5708
HCR-manorcare.org

Heritage Healthcare
847-885-1818

JourneyCare
847-467-7423
journeycare.org

Kindred Hospice
847-439-0348
kindredhealthcare.com

Rainbow Hospice and Palliative Care
847-685-9900
rainbowhospice.org

Residential
888-923-5842
Residentialhealthcaregroup.com

Northwest Community Healthcare
(Partners with JourneyCare)
9th Floor, East Pavilion
847-467-7423
nch.org

Solace Hospice and Palliative Care
847-250-5036
solacehospicepci.com

Suncrest Hospice
847-983-0017
Suncrestcare.com

Vitas Innovative Hospice
800-938-4827
vitas.com
Housing Resources (for seniors) and Continuing Care Facilities

These resources provide assistance in finding the ideal senior housing option or continuing care facility.

**AgeOptions**  
800-699-9043  
[www.ageoptions.org](http://www.ageoptions.org)

**Alternatives for Seniors**  
800-350-0770  
[www.alternativesforseniors.com](http://www.alternativesforseniors.com)

**A Place for Mom**  
866-518-0936  
[aplaceformom.com](http://aplaceformom.com)

**Center of Concern Home Sharing**  
847-823-0453  
[Centerofconcern.org](http://Centerofconcern.org)

**Elderwerks**  
847-462-0885  
[Elderwerks.com](http://Elderwerks.com)

**Housing Authority of Cook County**  
312-664-5447  
[www.thehacc.org](http://www.thehacc.org)

**New Lifestyles**  
800-869-9549  
[www.newlifestyles.com](http://www.newlifestyles.com)

**Online resources**  
[Illinois.gov/aging](http://Illinois.gov/aging)  
[Medicare.gov](http://Medicare.gov)  
[Skillednursingfacilities.org](http://Skillednursingfacilities.org)

**Silver Connections**  
2118 Plum Grove Rd, Suite 110  
Rolling Meadows, IL  
847-462-8266  
[www.silverconnections.com](http://www.silverconnections.com)

**Continuing Care and Housing Definitions**

**Independent Living:** An option for those ready to move out of the family home yet still want to live independently

**Assisted Living:** A home-like environment that provides care and social activities for those who can no longer live independently

**Skilled Nursing:** A non-hospital facility for patients who need 24-hour care from skilled professionals

**Memory Care:** Specialized care for people with Alzheimer’s or other types of dementia who can no longer live independently

**Rehab:** Appropriate for patients who have been discharged from the hospital but need intensive rehabilitation
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addolorata Villa</td>
<td>555 McHenry Rd, Wheeling, IL</td>
<td>847-537-2900</td>
<td>Franciscanministries.org</td>
</tr>
<tr>
<td>Alden of Des Plaines</td>
<td>1221 Golf Rd, Des Plaines, IL</td>
<td>847-768-1300</td>
<td>Aldendesplaines.com</td>
</tr>
<tr>
<td>Alden Courts of Des Plaines</td>
<td>1221 Golf Rd, Des Plaines, IL</td>
<td>847-768-1300</td>
<td>Aldencourtsofdesplaines.com</td>
</tr>
<tr>
<td>Alden Gardens of Des Plaines</td>
<td>1227 E Golf Rd, Des Plaines, IL</td>
<td>847-294-0644</td>
<td>Aldengardensofdesplaines.com</td>
</tr>
<tr>
<td>Alden Long Grove</td>
<td>Box 2308, Old Hicks Rd, Long Grove, IL</td>
<td>847-438-8275</td>
<td>Aldenlonggrove.com</td>
</tr>
<tr>
<td>*Alden Poplar Creek</td>
<td>1545 Barrington Rd, Hoffman Estates, IL</td>
<td>847-884-0011</td>
<td>Aldenpoplarcreek.com</td>
</tr>
<tr>
<td>Alexian Village of Elk Grove</td>
<td>975 Martha St, Elk Grove Village, IL</td>
<td>847-437-8070</td>
<td>Pathwaysl.com</td>
</tr>
<tr>
<td>*Aperion Care Plum Grove</td>
<td>24 S Plum Grove Rd, Palatine, IL</td>
<td>847-358-0311</td>
<td>Aperioncare.com</td>
</tr>
</tbody>
</table>

* Provides some public aid beds. Call facility for details.
** NCH Partner facilities
▲ Provides temporary respite services for older adults. Call facility for details.
<table>
<thead>
<tr>
<th><strong>NCH Partner facilities</strong></th>
<th>Independent</th>
<th>Assisted Living</th>
<th>Skilled Nursing</th>
<th>Memory Care</th>
<th>Rehab</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arboria of Long Grove</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2300 IL Route 53</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>847-278-2262</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>asboriaoflonggrove.com</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>▲ Arden Courts: Memory Care Community</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>1940 Nerge Rd, Elk Grove, IL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>847-534-8815</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Arden-courts.com</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arlington Rehab and Living Center</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>1666 Checker Rd, Long Grove, IL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>847-419-1111</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>▲ Asbury Court</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1750 W. Elmhurst Rd, Des Plaines, IL</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>847-228-1500</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Asburyretirement.com</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Autumn Leaves</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>1625 Arlington Hts Rd, Arlington Hts, IL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>888-662-8886</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Autumnleaves.com</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>▲ Avantara Long Grove</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1666 Checker Rd, Long Grove, IL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>847-419-1111</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Avantaralongrove.com</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Azpira Place</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>795 N Rand Rd, Lake Zurich, IL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>847-438-6100</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Pathwaysl.com</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Belmont Village of Buffalo Grove</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>500 McHenry Rd. Buffalo Grove, IL</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>847-537-5000</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>belmontvillage.com</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Facility Name</td>
<td>Address</td>
<td>Phone Number</td>
<td>Website</td>
<td>Services</td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>-------------------------------</td>
<td>----------------</td>
<td>-----------------------------</td>
<td>---------------------------</td>
<td></td>
</tr>
<tr>
<td>Barrington Horizon (Alden)</td>
<td>1418 Barrington Rd, Barrington, IL</td>
<td>847-381-2241</td>
<td>[Barringtonhorizon.com]</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>▲Brookdale Prospect Heights</td>
<td>700 E Euclid, Prospect Heights, IL</td>
<td>847-440-3767</td>
<td>[Brookdale.com]</td>
<td>X X X X X</td>
<td></td>
</tr>
<tr>
<td>Cedar Lake Assisted Living &amp; Memory Care</td>
<td>777 Church St, Lake Zurich, IL</td>
<td>847-550-0555</td>
<td>[Spectrumretirement.com]</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Cedar Village</td>
<td>320 W. Campbell, Arlington Heights, IL</td>
<td>847-506-1010</td>
<td>[Cedarvillagehousing.com]</td>
<td>X Low income</td>
<td></td>
</tr>
<tr>
<td>Cedar Village of Schaumburg North</td>
<td>1325 S. Mercury, Schaumburg, IL</td>
<td>847-524-8740</td>
<td>[Cedarvillagehousing.com]</td>
<td>X Low income</td>
<td></td>
</tr>
</tbody>
</table>

* Provides some public aid beds.
Call facility for details

** NCH Partner facilities
▲ Provides temporary respite services for older adults. Call facility for details.
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Services</th>
<th>Independent</th>
<th>Assisted Living</th>
<th>Skilled Nursing</th>
<th>Memory Care</th>
<th>Rehab</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cedar Village of Schaumburg South</td>
<td>1323 S. Mercury, Schaumburg, IL</td>
<td>847-985-3252</td>
<td>Cedarvillagehousing.com</td>
<td>X Low income</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Centennial North Apartments</td>
<td>900 E. Ardyce, Mount Prospect, IL</td>
<td>847-259-1080</td>
<td></td>
<td>X Low income</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Church Creek</td>
<td>1250 W Central Rd, Arlington Heights, IL</td>
<td>847-506-3200</td>
<td>Fivestarseniorliving.com</td>
<td>X X X X X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friendship Village of Schaumburg</td>
<td>350 W Schaumburg Rd, Schaumburg, IL</td>
<td>847-884-5000</td>
<td>Friendshipvillage.org</td>
<td>X X X X X X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Garlands of Barrington</td>
<td>1000 Garland Ln, Barrington, IL</td>
<td>847-852-3500</td>
<td>Thegarlands.com</td>
<td>X X X X X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Grand at Twin Lakes</td>
<td>920 E Northwest Hwy, Palatine, IL</td>
<td>224-338-1880</td>
<td>Grandtwinlakes.com</td>
<td>X X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grandbrier</td>
<td>708 N. Elmhurst Rd, Prospect Heights, IL</td>
<td>847-818-1808</td>
<td>Grandbrierassistedliving.com</td>
<td>X X X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greek American Rehabilitation &amp; Nursing Center</td>
<td>220 N First St, Wheeling, IL</td>
<td>847-459-8700</td>
<td>Greekamericanicare.org</td>
<td>X X X X X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Facility Name</td>
<td>Address</td>
<td>City</td>
<td>State</td>
<td>Phone</td>
<td>Website</td>
<td>Type</td>
<td>Independent</td>
<td>Assisted Living</td>
<td>Skilled Nursing</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>--------------------------------</td>
<td>------------</td>
<td>-------</td>
<td>-------------</td>
<td>---------------</td>
<td>------------</td>
<td>-------------</td>
<td>----------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Greencastle of Barrington</td>
<td>455 E. Main Street, Barrington, IL</td>
<td>Barrington</td>
<td>IL</td>
<td>847-382-1650</td>
<td><a href="http://Consecra.org">Consecra.org</a></td>
<td>Low income</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greencastle of Palatine</td>
<td>450 E. Baldwin, Palatine, IL</td>
<td>Palatine</td>
<td>IL</td>
<td>847-776-9420</td>
<td><a href="http://Consecra.org">Consecra.org</a></td>
<td>Low income</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harbor House at New Perspective</td>
<td>760 McHenry Rd, Wheeling, IL</td>
<td>Wheeling</td>
<td>IL</td>
<td>847-465-2974</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Huntington Towers</td>
<td>571 W. Huntington Commons Rd, Mount Prospect, IL</td>
<td>Mount Prospect, IL</td>
<td>IL</td>
<td>847-640-1337</td>
<td></td>
<td>Low income</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lake Barrington Woods</td>
<td>22320 Classic Court, Barrington, IL</td>
<td>Barrington</td>
<td>IL</td>
<td>224-633-2318</td>
<td><a href="http://Seniorlifestyle.com">Seniorlifestyle.com</a></td>
<td>Low income</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Lee Manor</td>
<td>1301 Lee Street, Des Plaines, IL</td>
<td>Des Plaines</td>
<td>IL</td>
<td>847-635-4000</td>
<td><a href="http://Leemanor.com">Leemanor.com</a></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Lexington</td>
<td>730 W Hintz Rd, Wheeling, IL</td>
<td>Wheeling</td>
<td>IL</td>
<td>847-537-7474</td>
<td><a href="http://Lexingtonhealth.com">Lexingtonhealth.com</a></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Lexington</td>
<td>900 S. Rand Rd, Lake Zurich, IL</td>
<td>Lake Zurich</td>
<td>IL</td>
<td>847-726-1200</td>
<td><a href="http://Lexingtonhealth.com">Lexingtonhealth.com</a></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Facility Name</td>
<td>Address</td>
<td>Phone Number</td>
<td>Website</td>
<td>Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------------------------------------</td>
<td>--------------------------------</td>
<td>--------------------------------</td>
<td>----------------------------------------------</td>
<td>------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>* Lexington</td>
<td>675 S. Roselle Rd, Schaumburg, IL</td>
<td>847-352-5500</td>
<td><a href="http://Lexingtonhealth.com">Lexingtonhealth.com</a></td>
<td>Assisted Living, Skilled Nursing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>**Lutheran Home and Services</td>
<td>800 Oakton, Arlington Heights, IL</td>
<td>847-253-3710</td>
<td><a href="http://Lutheranhome.org">Lutheranhome.org</a></td>
<td>Assisted Living, Skilled Nursing, Memory Care, Rehab</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Luther Village</td>
<td>1220 Village Dr, Arlington Heights, IL</td>
<td>847-506-1919</td>
<td><a href="http://Luthervillage.com">Luthervillage.com</a></td>
<td>Assisted Living</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>▲</strong> Manor Care (Arlington Heights)</td>
<td>715 W Central Rd, Arlington Heights, IL</td>
<td>847-392-2020</td>
<td><a href="http://hcr-manorcare.com">hcr-manorcare.com</a></td>
<td>Assisted Living, Skilled Nursing, Memory Care, Rehab</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>▲ Manor Care (Elk Grove Village)</td>
<td>1920 Nerge Rd, Elk Grove Village, IL</td>
<td>847-301-0550</td>
<td><a href="http://hcr-manorcare.com">hcr-manorcare.com</a></td>
<td>Assisted Living, Skilled Nursing, Memory Care, Rehab</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>▲ Marriott Church Creek</td>
<td>1250 W Central Rd, Arlington Heights, IL</td>
<td>847-506-3200</td>
<td><a href="http://Fivestarseniorliving.com">Fivestarseniorliving.com</a></td>
<td>Assisted Living, Skilled Nursing, Memory Care, Rehab</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>▲</strong> The Moorings (Presbyterian Homes)</td>
<td>811 E Central Rd, Arlington Heights, IL</td>
<td>847-437-6700</td>
<td><a href="http://Themooringsofarlingtonheights.org">Themooringsofarlingtonheights.org</a></td>
<td>Assisted Living, Skilled Nursing, Memory Care, Rehab</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mount Prospect Horizon</td>
<td>1703 E. Kensington Rd., Mt Prospect, IL</td>
<td>847-635-2071</td>
<td></td>
<td>Assisted Living</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Provides some public aid beds. Call facility for details.
** NCH Partner facilities ▲ Provides temporary respite services for older adults. Call facility for details.
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Independent</th>
<th>Assisted Living</th>
<th>Skilled Nursing</th>
<th>Memory Care</th>
<th>Rehab</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oakton Arms</td>
<td>1665 Oakton Place, Des Plaines, IL</td>
<td>847-827-4200</td>
<td><a href="Generationsoakton.com">Generationsoakton.com</a></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Oakton Pavilion</td>
<td>1660 Oakton Place, Des Plaines, IL</td>
<td>847-299-5588</td>
<td><a href="Generationsoakton.com">Generationsoakton.com</a></td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>The Pearl of Rolling Meadows</td>
<td>4225 Kirchoff Rd, Rolling Meadows, IL</td>
<td>847-397-2400</td>
<td><a href="Pearlhcm.com">Pearlhcm.com</a></td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Plum Creek Supportive Living</td>
<td>2801 W Algonquin Rd, Rolling Meadows, IL</td>
<td>847-670-8080</td>
<td><a href="Plumcreekseniors.com">Plumcreekseniors.com</a></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>▲*Rosewood Care Center</td>
<td>1800 Colonial Parkway, Inverness, IL</td>
<td>847-776-4700</td>
<td><a href="Rosewoodnursing.com">Rosewoodnursing.com</a></td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Solana of Deer Park</td>
<td>21840 W. Lake Cook Rd, Deer Park, IL</td>
<td>847-841-9577</td>
<td><a href="Atriaseniorliving.com">Atriaseniorliving.com</a></td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Silverado</td>
<td>555 America Ct, Lake Zurich, IL</td>
<td>847-307-6990</td>
<td><a href="Silveradocare.com">Silveradocare.com</a></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>St Joseph Home</td>
<td>(Little Sisters of the Poor)</td>
<td>80 W Northwest Hwy, Palatine, IL</td>
<td><a href="Littlesistersofthepoorpalatine.org">Littlesistersofthepoorpalatine.org</a></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Northwest Community Healthcare**

* Provides some public aid beds.
  Call facility for details

** NCH Partner facilities
  ▲ Provides temporary respite services for older adults. Call facility for details.

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Independent</th>
<th>Assisted Living</th>
<th>Skilled Nursing</th>
<th>Memory Care</th>
<th>Rehab</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunrise of Buffalo Grove</strong>&lt;br&gt;180 Half Day Road, Buffalo Grove, IL&lt;br&gt;847-478-8484&lt;br&gt;<a href="Sunriseseniorliving.com">Sunriseseniorliving.com</a></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sunrise of Barrington</strong>&lt;br&gt;510 W Northwest Highway, Barrington, IL&lt;br&gt;866-397-8281&lt;br&gt;<a href="Sunriseseniorliving.com">Sunriseseniorliving.com</a></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sunrise of Schaumburg</strong>&lt;br&gt;790 N Plum Grove Rd, Schaumburg, IL&lt;br&gt;847-517-9700&lt;br&gt;<a href="Sunriseseniorliving.com">Sunriseseniorliving.com</a></td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Symphony of Buffalo Grove</strong>&lt;br&gt;150 N Weiland Rd, Buffalo Grove, IL&lt;br&gt;847-465-0200&lt;br&gt;<a href="Symphonybuffalogrove.com">Symphonybuffalogrove.com</a></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td><strong>Tamarack</strong>&lt;br&gt;55 S Greenley, Palatine, IL&lt;br&gt;847-686-3036&lt;br&gt;<a href="Holidaytouch.com">Holidaytouch.com</a></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Transitional Care of Arlington Hts.</strong>&lt;br&gt;1200 N. Arlington Heights Rd, Arlington Heights, IL&lt;br&gt;847-392-9000&lt;br&gt;<a href="Transitionalcare-arlington.com">Transitionalcare-arlington.com</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td><strong>Village Grove Apartments</strong>&lt;br&gt;1130 Cheekwood Court, Elk Grove, IL&lt;br&gt;847-593-4280</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Legal Resources

**Complaints**

**AgeOptions**
1047 Lake St, Suite 300
Oak Park, IL
800-699-9043
[ageoptions.org](http://ageoptions.org)

**Elder Abuse**
Illinois Department on Aging
866-800-1409
[illinois.gov/aging/ProtectionAdvocacy/Pages/abuse.aspx](http://illinois.gov/aging/ProtectionAdvocacy/Pages/abuse.aspx)

**Legal Assistance**

**Legal Assistance Foundation of Metropolitan Chicago**
120 S LaSalle St, Suite 900
Chicago, IL
312-341-1070
[lafchicago.org](http://lafchicago.org)

**Northwest Suburban Bar Association**
**Attorney Referral Service**
800 E. Northwest Hwy, Suite 502
Palatine, IL
224-404-4845
[nwsba.org](http://nwsba.org)

**Office of the State’s Attorney**
**Consumer Fraud Division**
69 W Washington St
Chicago, IL
312-603-8700
[statesattorney.org/consumerfraud](http://statesattorney.org/consumerfraud)

**Office of the Attorney General**
**Consumer Complaint Division**
100 W Randolph St
Chicago, IL
312-814-3000
[illinoisattorneygeneral.gov](http://illinoisattorneygeneral.gov)

**Notary Public**
Local townships, villages, and senior centers provide this service at no charge to residents. Local banks also provide this service at no charge to their customers.

**Wills**
Cook County Bar Association provides low cost wills for senior citizens at certain locations. Please call your senior center for more information.
Mental Health and Substance Abuse

NCH Behavioral Health: Generations Program
Diagnosis and treatment of adults aged 40+ with mental health issues.

Northwest Community Hospital Campus
901 Kirchoff Rd
Arlington Heights, IL
nch.org/behavioralhealth

Adult Residential Addictions Center
901 Kirchoff Rd
Arlington Heights, IL

Call 847-HEALING (847-432-5464) for information or to schedule a free and confidential behavioral health assessment.

Try our free awareness screenings online:
AnxietyAware Self-Test
DepressionAware Self-Test
AddictionAware Self-Test
nch.org/behavioralhealth

Alexian Brothers Center for Mental Health
3436 N Kennicott Ave
Arlington Heights, IL
847-952-7460
alexianbrothershealth.org/ACMH

Kenneth Young Center
1001 Rohlwing Rd
Elk Grove Village, IL
847-524-8800
kennethyoung.org

In-Home Counseling for Seniors
847-903-5604
Inhomecounselingforseniors.com
# NCH Locations

Find a Doctor: 847-618-4968

<table>
<thead>
<tr>
<th>CITY</th>
<th>SITE</th>
<th>SPECIALTY</th>
<th>ADDRESS</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arlington Heights</td>
<td>Hospital</td>
<td>Acute care</td>
<td>800 W. Central</td>
<td>847-618-1000</td>
</tr>
<tr>
<td></td>
<td>Medical Group</td>
<td>Surgery</td>
<td>880 W. Central Suite 5000</td>
<td>847-618-3800</td>
</tr>
<tr>
<td></td>
<td>Medical Group</td>
<td>Neurosurgery</td>
<td>880 W. Central Suite 4100</td>
<td>847-618-4400</td>
</tr>
<tr>
<td></td>
<td>Medical Group</td>
<td>Cardiology</td>
<td>880 W. Central Suite 7100</td>
<td>847-618-2500</td>
</tr>
<tr>
<td></td>
<td>Medical Group</td>
<td>Cardiology</td>
<td>1632 W. Central</td>
<td>847-618-2500</td>
</tr>
<tr>
<td></td>
<td>Medical Group</td>
<td>Primary care</td>
<td>1051 W. Rand Rd. Suite 110</td>
<td>847-618-9292</td>
</tr>
<tr>
<td></td>
<td>Medical Group</td>
<td>Specialty care</td>
<td>1051 W. Rand Rd. Suite 210</td>
<td>847-618-9510</td>
</tr>
<tr>
<td></td>
<td>Medical Group</td>
<td>Primary and Specialty care</td>
<td>2101 S. Arlington Heights Rd., Suite 108</td>
<td>224-404-6500</td>
</tr>
<tr>
<td></td>
<td>Lutheran Home</td>
<td>Primary care</td>
<td>800 W. Oakton St.</td>
<td>847-754-3170</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buffalo Grove</td>
<td>Medical Group</td>
<td>Primary care</td>
<td>1450 Busch Parkway Suite 100</td>
<td>847-459-7860</td>
</tr>
<tr>
<td></td>
<td>Medical Group</td>
<td>Specialty care</td>
<td>1450 Busch Parkway Suite 103</td>
<td>847-725-8453</td>
</tr>
<tr>
<td></td>
<td>Immediate Care</td>
<td>Urgent care</td>
<td>15 S. McHenry Rd.</td>
<td>847-459-6100</td>
</tr>
<tr>
<td></td>
<td>Center</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Concierge Medicine</td>
<td>Concierge Medicine</td>
<td>600 W. Lake Cook Rd., Suite 160</td>
<td>847-632-1880</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kildeer</td>
<td>Medical Group</td>
<td>Primary and Specialty care</td>
<td>21481 N. Rand</td>
<td>847-618-9696</td>
</tr>
<tr>
<td></td>
<td>Immediate Care</td>
<td>Urgent care</td>
<td>21481 N. Rand</td>
<td>847-618-9696</td>
</tr>
<tr>
<td>Location</td>
<td>Type</td>
<td>Services</td>
<td>Address</td>
<td>Phone</td>
</tr>
<tr>
<td>-----------------</td>
<td>-----------------------------</td>
<td>---------------------------</td>
<td>--------------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Mount Prospect</td>
<td>Medical Group</td>
<td>Primary and Specialty care</td>
<td>199 W. Rand Rd. Suite 203</td>
<td>847-618-5460</td>
</tr>
<tr>
<td></td>
<td>Immediate Care Center</td>
<td>Urgent care</td>
<td>199 W. Rand Rd.</td>
<td>847-618-5400</td>
</tr>
<tr>
<td>Palatine</td>
<td>Harper Clinic</td>
<td>Immediate Care Center</td>
<td>1200 W. Algonquin Rd., Bldg. M</td>
<td>847-618-0121</td>
</tr>
<tr>
<td></td>
<td>Primary, Specialty, and Urgent care</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolling Meadows</td>
<td>Medical Group</td>
<td>Primary care Gastroenterology</td>
<td>5999 New Wilke Rd., Bldg. 2</td>
<td>847-255-7107</td>
</tr>
<tr>
<td></td>
<td>Medical Group</td>
<td>Primary and Specialty care</td>
<td>1941 Rohlwing Rd</td>
<td>847-618-0850</td>
</tr>
<tr>
<td>Schaumburg</td>
<td>Medical Group</td>
<td>Primary and Specialty care</td>
<td>455 S. Roselle Rd. Suite 121</td>
<td>630-671-4980</td>
</tr>
<tr>
<td></td>
<td>Immediate Care Center</td>
<td>Urgent care</td>
<td>519 S. Roselle Rd. Suite 226</td>
<td>847-985-0600</td>
</tr>
</tbody>
</table>
Non-Emergency Police Phone Numbers

THese are not emergency numbers

Arlington Heights
847-368-5300

Barrington
847-304-3300

Buffalo Grove
847-459-2560

Des Plaines
847-391-5400

Elk Grove Village
847-357-4100

Hoffman Estates
847-781-2800

Lake Zurich
847-719-1690

Mount Prospect
847-870-5656

Palatine
847-359-9000

Prospect Heights
(847) 398-5511

Rolling Meadows
847-255-2416

Schaumburg
(847) 882-3534

Wheeling
847-459-2632

Cooling Centers

Arlington Heights Senior Center
1801 W Central Rd
Arlington Heights, IL
847-253-5332

Schaumburg Township
One Illinois Blvd
Hoffman Estates, IL
847-884-0030
847-884-1560 (TTY)

Other

Postal Alert Program
Program that will initiate a series of status checks if mail starts to accumulate. (must have mailbox)

Check with your local post office for available programs.
# Rehabilitation Services (post-acute)

## NCH Inpatient Physical Rehabilitation Services

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCH Inpatient Post-Acute Rehabilitation</td>
<td>800 W. Central Rd, Arlington Heights, IL</td>
<td>847-618-6716</td>
</tr>
<tr>
<td>NCH Outpatient Physical Rehab</td>
<td>NCH Day Rehabilitation Program</td>
<td>3300 Kirchoff, Rolling Meadows, IL</td>
</tr>
<tr>
<td>NCH Wellness Center</td>
<td>900 W. Central Rd, Arlington Heights, IL</td>
<td>847-618-3550</td>
</tr>
<tr>
<td>NCH Buffalo Grove</td>
<td>15 S. McHenry Rd, Arlington Heights, IL</td>
<td>847-459-6100 (option 3)</td>
</tr>
<tr>
<td>NCH Lake Zurich</td>
<td>1249 S. Rand Rd, Arlington Heights, IL</td>
<td>847-550-4790</td>
</tr>
<tr>
<td>NCH Mount Prospect</td>
<td>199 W. Rand Rd, Arlington Heights, IL</td>
<td>847-618-2400</td>
</tr>
<tr>
<td>NCH Outpatient Care Center at Harper College</td>
<td>1200 West Algonquin, Building M, Palatine, IL 60067-7373</td>
<td>847-618-0121</td>
</tr>
<tr>
<td>NCH Schaumburg</td>
<td>455 Roselle Rd. Suite 205, Schaumburg, IL</td>
<td>847-618-3855</td>
</tr>
</tbody>
</table>

## Inpatient and Outpatient Services

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexian Rehabilitation Hospital</td>
<td>935 Beisner Rd, Elk Grove Village, IL</td>
<td>847-956-5422</td>
</tr>
<tr>
<td>NCH Wellness Center</td>
<td>900 W. Central Rd, Arlington Heights, IL</td>
<td>847-618-3550</td>
</tr>
<tr>
<td>NCH Buffalo Grove</td>
<td>15 S. McHenry Rd, Arlington Heights, IL</td>
<td>847-459-6100 (option 3)</td>
</tr>
<tr>
<td>NCH Lake Zurich</td>
<td>1249 S. Rand Rd, Arlington Heights, IL</td>
<td>847-550-4790</td>
</tr>
<tr>
<td>NCH Mount Prospect</td>
<td>199 W. Rand Rd, Arlington Heights, IL</td>
<td>847-618-2400</td>
</tr>
<tr>
<td>NCH Outpatient Care Center at Harper College</td>
<td>1200 West Algonquin, Building M, Palatine, IL 60067-7373</td>
<td>847-618-0121</td>
</tr>
<tr>
<td>NCH Schaumburg</td>
<td>455 Roselle Rd. Suite 205, Schaumburg, IL</td>
<td>847-618-3855</td>
</tr>
</tbody>
</table>
Relocation Services

The Finishing Touch
Senior Relocation & Real Estate Company
1717 N Naper Blvd
Naperville, IL
630-336-1820
finishingtouchhomes.com

MySolutions
3150 Salt Creek Ln
Arlington Heights, IL
847-705-705-2123
mysolutions.org

Paxem, Inc.
345 N. Eric Drive
Palatine, IL 60067
847-829-4437 Ext. 5
Paxem.com

Senior Real Estate Specialists Council
800-500-4564
seniorsrealestate.com
Senior Centers

**Arlington Heights Senior Center**
1801 W Central Rd.
Arlington Heights, IL
847-253-5532
[va.com](http://vah.com)

**Alcott Center**
530 Bernard Dr.
Buffalo Grove, IL 60089
847-850-2100

**Des Plaines Frisbie Senior Center**
52 E Northwest Hwy.
Des Plaines, IL
847-768-5944
[frisbieseniorcenter.org](http://frisbieseniorcenter.org)

**Ela Township 55 Plus**
380 Surryse Rd.
Lake Zurich, IL
847-438-9160
[elatownship.org](http://elatownship.org)

**Hanover Township Senior Center**
240 S. Route 59
Bartlett, IL 60103
[Hanover-township.org](http://Hanover-township.org)

**Hoffman Estates 50+ Senior Center**
1685 W Higgins Rd.
Hoffman Estates, IL
847-885-7500
[heparks.org](http://heparks.org)

**Korean American Senior Center**
1160 S. Elmhurst Ave.
Mt. Prospect, IL 60056
847-439-5195

**Palatine Township**
**Senior Citizens Council**
505 S Quentin Rd.
Palatine, IL
847-991-1112
[ptscc.org](http://ptscc.org)

**Prospect Heights Park District**
**Senior Center**
110 W. Camp McDonald Rd.
Prospect Heights, IL 60070
847-394-2848

**Rolling Meadows Senior Center**
3705 Pheasant Dr.
Rolling Meadows, IL
847-818-3205
[rmparks.org](http://rmparks.org)

**Schaumburg Park District**
**Senior Center**
505 Springinsguth Rd.
Schaumburg, IL
847-490-7026
[parkfun.com/programs/seniors](http://parkfun.com/programs/seniors)

**The Barn Senior Program**
231 S. Civic Center Dr.
Schaumburg, IL
847-524-7496
[ci.schaumburg.il.us](http://ci.schaumburg.il.us)
Sheila Ray Adult Center
225 Elk Grove Blvd.
Elk Grove, IL
847-364-7224
elkgroveparks.org/sheila-ray-adult-center

Wheeling Pavilion Senior Center
199 First St
Wheeling, IL
847-459-2670
Support Groups

These support groups are held either on the hospital campus or at the Arlington Heights Senior Center. Visit nch.org for dates, times and more information.

**Alcohol and Addictions** (847)359-3311
- Al-Anon Family Groups
- Alcoholics Anonymous (AA)
- Gamblers Anonymous (GA)
- Narcotics Anonymous (NA)
- Partners of Sexaholics (POSA)
- SA-Anon
- Sexaholics Anonymous (SA)

**NCH Cancer Support** (847) 618-4968
- Breast Cancer
- Craft and Cancer
- Head and Neck Cancer
- Guided Imagery for those affected by Cancer
- Leukemia, Lymphoma and other blood-related disorders
- Men with Cancer
- Myelodysplastic Syndrome (MDS)
- Pancreatic, Hepatobiliary, Esophageal and Gastric Cancer
- Survivorship Class Series

**Grief Support**
- Compassionate Friends (847) 800-0707
- L.O.S.S. (Loving Outreach to Survivors of Suicide) (312)-655-7283.
- NCH Northwest Suburban Pregnancy Loss Support Group (847) 618-8415

**NCH Diabetes Management** (847) 618-4475
- Diabetes Education and Support
- Managing Your Diabetes 101

**NCH Heart and Stroke Health** (847) 618-4968
- Brain Waves: Stroke Support Group
- Heart Failure Education and Support
Mental Health  (847) 618-4100
Depression Support Group
National Alliance on Mental Illness (NAMI) (847) 496-1415
Recovery Support Group
Family Support Group
Parent Support Group

Neurological Conditions
Alzheimer’s Caregiver Support Group (800) 272-3900
NCH Brain Waves: A Stroke Support Group
NCH Parkinson’s Support Group (847) 618-3880

Nutrition
Overeaters Anonymous (847)-985-4148

NCH Ostomy Services  (847) 618-3222
Ostomy Support Group

NCH Physical Rehabilitation Services
Brain Waves: Stroke Support Group

NCH Quit Smoking  (847) 618-7992
Courage to Stay Tobacco Free

NCH Women's and Children's Health  (847) 618-4100
Children’s Wellness Programs
Mother Baby Hour
Northwest Suburban’s Pregnancy Loss Support Group—Renew Through Sharing
Women’s Behavioral Health
Transportation Services (subsidized)

AgeOptions
Can help you find a transportation service.
800-699-9043

Escorted Transportation for Medical Appointments

Escorted Transportation Services
847-222-9227

First Transit (public aid recipients)
877-725-0569

Palatine Township Senior Center Volunteer Escort Service
847-991-1112

Advantage Ambulance Medicar
847-618-6480
For non-ambulatory patients after hospital discharge or transportation to medical appointments.

Hospital Courtesy Van

Northwest Community Hospital
Courteous Van
847-618-6480

Bus Service by Townships

Elk Grove Township
847-437-0300

Ela Township
847-438-6677

Palatine Township
847-358-6907

Schaumburg Township
847-923-3861
Taxi/Bus
These companies offer programs for seniors

303 Taxi
847-368-0303

American Taxi Co
847-253-4411

PACE ADA Paratransit Services
847-364-7223

PACE Call-n-Ride
224-803-9277

PACE Suburban Bus Service
(fixed routes)
847-836-7000

RTA ADA Paratransit
312-663-4357

RTA Free Ride Program
800-252-8966
RTAChiago.org

RTA Reduced Fare Program
847-364-7223
RTAChiago.org

TRIP
(Township Riders Initiative Pilot)

Elk Grove Township
847-437-0300

Hanover Township
630-483-5668

Palatine Township
847-358-6907

Schaumburg Township
847-882-1929

Wheeling Township
847-259-7743
# Township Resources and Services

Local townships have a variety of resources for residents. Most provide many types of general assistance, food pantries, senior and disabled transportation, energy assistance programs and more. Check with your township for available services.

**Barrington Township**  
602 S Hough St  
Barrington, IL  
847-381-5632  
[www.barringtontownship.com](http://www.barringtontownship.com)

**Elk Grove Township**  
2400 S Arlington Heights Rd  
Arlington Heights, IL  
847-437-0300

**Ela Township**  
1155 E Route 12  
Lake Zurich, IL  
847-438-7823  
[www.elatownship.org](http://www.elatownship.org)

**Hanover Township**  
240 S Route 59  
Bartlett, IL  
630-837-0301  
[www.hanover-township.org](http://www.hanover-township.org)

**Maine Township**  
1700 Ballard Rd  
Park Ridge, IL  
847-297-2510  
[www.mainetownship.com](http://www.mainetownship.com)

**Palatine Township**  
721 S Quentin Rd  
Palatine, IL  
847-358-6700  
[www.palatinetownship.com](http://www.palatinetownship.com)

**Schaumburg Township**  
1 Illinois Blvd  
Hoffman Estates, IL  
847-884-0030  
[www.schaumburgtownship.org](http://www.schaumburgtownship.org)

**Wheeling Township**  
1616 N Arlington Heights Rd  
Arlington Heights, IL  
847-259-7730  
[www.wheelingtownship.com](http://www.wheelingtownship.com)
Vision Impairment Resources

Blind Service Association
17 N State St, Suite 1050
Chicago, IL
312-2326-0808
www.blindserviceassociation.org

Center for Sight and Hearing
815-332-6800

The Chicago Lighthouse
1850 W Roosevelt Rd
Chicago, IL
312-666-1331
www.thechicagolighthouse.org

Illinois Department of Human Services
800-843-6154

NSSEO Vision Services
799 W. Kensington Rd
Mount Prospect, IL
847-463-8100
www.nsseo.org

Second Sense
65 E Wacker Place, Suite 1010
Chicago, IL
312-236-8569
www.second-sense.org

VIP Visually Impaired Support Group
Wheeling Township
Meets 1st Thursday of the month 1-2:30pm
847-259-7730
# Change Form

If you would like to make any additions, deletions or corrections to content in this publication, please indicate your change(s) below:

<table>
<thead>
<tr>
<th>Page</th>
<th>Description of Change</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Please send your changes to Maureen Centeno:**

Email: mcenteno@nch.org  
Phone: 847-618-5575
## Quick Reference

<table>
<thead>
<tr>
<th>Emergency</th>
<th>911</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP</td>
<td>888-687-2277</td>
<td>AARP.org</td>
</tr>
<tr>
<td>AgeOptions</td>
<td>800-699-9043</td>
<td>ageoptions.org</td>
</tr>
<tr>
<td>Alzheimer’s Disease Association</td>
<td>800-272-3900</td>
<td>alz.org</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>800-227-2345</td>
<td>cancer.org</td>
</tr>
<tr>
<td>American Council of the Blind</td>
<td>800-424-8666</td>
<td>acb.org</td>
</tr>
<tr>
<td>American Dental Association</td>
<td>312-440-2500</td>
<td>ada.org</td>
</tr>
<tr>
<td>Arthritis Foundation</td>
<td>844-571-HELP</td>
<td>arthritis.org</td>
</tr>
<tr>
<td>Catholic Charities</td>
<td>847-253-5500</td>
<td>catholiccharities.net</td>
</tr>
<tr>
<td>Chicago Hearing Society</td>
<td>773-248-9121</td>
<td>chicagohearingsociety.org</td>
</tr>
<tr>
<td>Elder Abuse</td>
<td>866-800-1409</td>
<td>Illinois.gov/aging</td>
</tr>
<tr>
<td>Eyecare America</td>
<td>877-887-6327</td>
<td>aao.org</td>
</tr>
<tr>
<td>Health Insurance</td>
<td>800-318-2596</td>
<td>healthcare.gov</td>
</tr>
<tr>
<td>Hospice and Palliative Care</td>
<td>800-646-6460</td>
<td>nhpco.org</td>
</tr>
<tr>
<td>Illinois Housing Development Authority</td>
<td>312-836-5200</td>
<td>ihda.org</td>
</tr>
<tr>
<td>Lewy Body Dementia Association</td>
<td>800-539-9767</td>
<td>lbda.org</td>
</tr>
<tr>
<td>Medicaid (Illinois)</td>
<td>800-843-6154</td>
<td>Illinois.gov/hfs</td>
</tr>
<tr>
<td>Medicare (National)</td>
<td>800-633-4227</td>
<td>medicare.gov</td>
</tr>
<tr>
<td>National Association of the Deaf</td>
<td>TTY 301-587-1789</td>
<td>nad.org</td>
</tr>
<tr>
<td>National Council on Aging</td>
<td>800-424-9046</td>
<td>ncoa.org</td>
</tr>
<tr>
<td><strong>Northwest Community Healthcare</strong></td>
<td><strong>847-618-1000</strong></td>
<td><strong>nch.org</strong></td>
</tr>
<tr>
<td>Poison Control</td>
<td>800-222-1222</td>
<td>aapcc.org</td>
</tr>
<tr>
<td>Senior Citizens Help Line</td>
<td>800-252-8966</td>
<td>Illinois.gov</td>
</tr>
<tr>
<td>Social Security Administration</td>
<td>800-772-1213</td>
<td>ssa.gov</td>
</tr>
<tr>
<td>Veterans Benefits (Illinois)</td>
<td>800-437-9824</td>
<td>Illinois.gov/veterans</td>
</tr>
</tbody>
</table>
Northwest Community Healthcare
800 W. Central Road
Arlington Heights, IL 60005
847-618-1000
nch.org

Northwest Community Healthcare relies on philanthropic funding to enhance our lifesaving work. NCH is a charitable 501(c) 3 organization where your giving matters. For more information please visit nch.org/foundation or call 847-618-4260.

For additional copies of this guide, please call 847-618-5575 or visit us online at nch.org/communityresourceguide