

## 5.27.20 Sometimes we all need a little help.

AAHAA is here with resources and services that can help you through this difficult time.



(847) 395-2809

X19 or X25

[aahaa4health.org](http://aahaa4health.org)

Our Network Nurse can help with solutions for:

- GROCERIES
- PRESCRIPTIONS
- CORONAVIRUS INFO
- TIPS TO STAY SAFE
- SHOPPING ASSISTANCE
- UTILITIES
- HEALTH INSURANCE
- HEALTH EDUCATION

Our Certified Application Specialist can assist with:

- MEDICAID APPLICATIONS
- SNAP APPLICATIONS
- ACA APPLICATIONS

**Network Nurse™**

(414) 737-6601

*Improving the health of our community one neighbor at a time.*

## RESTORE ILLINOIS

### PHASE 3

As part of the Northeast region, Lake County is expected to move into Phase 3 of the Restore Illinois plan on Friday, May 29. Additional

businesses will be able to open following state safety guidelines, and small gatherings are allowed with 10 people or less practicing social distancing or wearing masks/ face coverings.

- Bars and restaurants open with outdoor seating only
- Travel following IDPH and CDC guidance
- Health care facilities open
- Limited childcare and summer programs
- Barbershops, hair and nail salons, and personal care services, NO walk-ins, reservations only, 50% capacity or 5 people per 1000 sq. ft.
- Retail stores, NO reusable shopping bags. NO fitting rooms unless disinfected after each use. 50% capacity or 5 people per 1000 sq. ft.
- Offices and manufacturing facilities
- Indoor one-on-one personal training
- Outdoor fitness classes with up to 10 people
- Boating/camping with up to 10 people
- Indoor & outdoor tennis facilities
- Golf courses with four people per tee
- State parks open

For Further Information

[Click Here To View](#)



### JOB OPPORTUNITY & CONTACT TRACING

The Lake County Health Department is one of the two local health departments in the state chosen to pilot the program with the Illinois Department of Health. This partnership will expand contact tracing efforts in Lake County by **hiring additional contract tracers** with funding provided by IDPH through federal CARES money.

Contact tracing is a key strategy in slowing the spread of COVID-19. Those interested in becoming a contact tracer can express their interest at:

[Click Here To View](#)



757 North Main Street

Antioch, IL 60002

847-395-0874

**OPEN AGAIN**

Monday, June 1, 2020

10:00 am to 1:00 pm

## Resources for Rent or Mortgage Assistance (No Social Security Number Required)

- Community Action Partnership  
(847) 740-2115



- Catholic Charities  
(847) 782- 4000



- Mothers Trust Foundation  
847-482-9189  
Monday – Thursday, 9 a.m. to 4 p.m.



Emergency Rental &  
Mortgage Assistance



### A NEW PARTNERSHIP FOR RESIDENTS OF GRANT TOWNSHIP

HELP WITH MEALS, HEALTHCARE, & FINANCIAL HARDSHIPS,  
CONTACT GRANT TOWNSHIP/AAHAA HEALTHCARE ALLIANCE

AAHAA (847) 395-2809 X19

GRANT TOWNSHIP (847) 740-2233

CONNECTING PEOPLE IN NEED TO COMMUNITY RESOURCES



IF YOU OR SOMEONE YOU KNOW IS HOMEBOUND,  
IS HAVING TROUBLE GETTING GROCERIES INTO THE HOUSE,  
OR IS UNDER QUARANTINE FOR COVID OR COVID SYMPTOMS,

**PLEASE CALL AAHAA (847) 395-2809 x19 or x25**

We are partnering with a new Lake County Organization  
THAT CAN HELP WITH MEALS!

### LAKE COUNTY CORONAVIRUS CASES May 25, 2020

Total Coronavirus Cases = 7,762

Total Coronavirus Deaths = 234

Long Term Care Facilities (LTC) Total Coronavirus Cases = 1,171

Total LTC Coronavirus Deaths = 154





## CORONAVIRUS TESTING SITE

### Free State-operated Community Testing

2161 Northwestern Avenue Waukegan, Illinois  
8 am until 4pm (or until 500 tests completed each day)

#### Who can be tested?

- All individuals with symptoms

#### And the following groups WITH OR WITHOUT symptoms

- Individuals exposed to confirmed COVID-19 cases
- Individuals with compromised immune systems and/or chronic medical conditions
- Healthcare workers
- First responders
- Employees of correctional facilities
- Employees who support Critical Infrastructure (grocery stores, pharmacies, restaurants, gas stations, public utilities, factories, childcare and sanitation)
- Individuals slated to receive elective surgery within 72 hours

#### Definition of Symptoms

Fever, cough, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell

**Photo ID required – Professional identification if applicable**

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IF YOU HAVE SYMPTOMS OF RESPIRATORY ILLNESS such as fever, cough, shortness of breath, **stay home and call your doctor**. Distance yourself from others in the household and if possible, stay in your own bedroom and use your own bathroom. Seek medical care right away, if your illness is worsening (for example, you have difficulty breathing). **DO NOT walk into a healthcare facility, urgent care clinic, or hospital before calling.**

If you do not have a primary care provider contact Lake County Health Department - (847) 377-8800 & choose option 1.

**Call 911 if you are having a medical emergency & alert dispatch if you have respiratory symptoms.**

#### REMEMBER TO WEAR YOUR MASK WHEN NECESSARY



#### Phase 3 Guidelines – Expected to begin Friday May 29<sup>th</sup>

- **A cloth face covering, or mask is REQUIRED** when outside & 6-foot distancing is difficult to maintain.  
*(Do not use masks with children under the age of two or on anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance)*
- Clean hands often with soap & water (20 seconds) or use hand sanitizer at least 60% alcohol.
- Avoid touching your eyes, nose, mouth with unwashed hands.
- Cover your cough & sneeze with a tissue or your elbow.
- Call to check on family, neighbors, and older adults instead of visiting.
- Check with your healthcare provider about any necessary medical appointments.
- If you are on dialysis, you should **NOT** postpone your treatments.
- For information on allowable activities see page 1, or [Click Here To View](#)

## TO OUR FRIENDS AND NEIGHBORS

AAHAA will be distributing this weekly resource guide to inform you and help you find assistance during our current national health crisis. If you would like to offer assistance or know of someone who can offer help, please send your information to [info@aahaa4health.org](mailto:info@aahaa4health.org). Information we receive by Friday of each week will go out in the following week's Constant Contact emails and Facebook posts.

## WEEKLY RESOURCE GUIDE



### *HOTLINES & MORE INFORMATION*

- \*Antioch Area Healthcare Accessibility Alliance (847) 395-2809
- \*Advocate Health COVID-19 Hotline (866) 443-2584
- \*Illinois COVID-19 Hotline (800) 889-3931
- \*Lake County Health Department (847) 377-8800
- \*Northshore Community Health Hotline (847) 432-5849
- \*United Way of Lake County 211
  
- \*COVID-19 & Unemployment Benefits (800) 244-5631  
Unemployment benefits available to [ides.illinois.gov](https://ides.illinois.gov)  
individuals whose unemployment is attributable to COVID-19.
  
- \*Representative Joyce Mason's Office (847) 485-9986  
For individuals who are having difficulty accessing  
unemployment benefits.



### *MENTAL HEALTH SUPPORT*

#### Domestic Abuse Support

- \*A Safe Place – Lake County (800) 600-7233
- \*Illinois Statewide Domestic Hotline (877) 863-6338
- \*National Domestic Abuse Hotline (800) 799-7233

#### Counseling Services

- \*Lake County Crisis Line (you can place an anonymous call) (847) 377-8088
- \*Blending Families (Antioch) (847) 838-9904
- \*Antioch Community Counseling Services (847) 454-3111  
(sliding scale fee)
- \*CYN Counseling Center (847) 548-6000 X 010  
CYN After-Hours Crisis Line (847) 587-3100
- \*Family Service of Lake County Counseling (Phone/Video sessions) (847) 432-4981  
No out of pocket costs for seniors
- \*Nicasa HUGS Line (847) 546-6450  
Covid emotional help & recovery support
- \*Lake Behavioral Hospital (855) 990-1900 (toll free)  
Adolescents, Adults, & Seniors (Works with Medicaid/Medicare)

#### TEXT Support Services

- \*CALL4CALM (Covid-19 support) Text "Talk" to 552020
- \*Disaster Distress Coronavirus Hotline Text "TalkWithUs" to 66746
- \*Text-A-Tip (Support for middle-school & high school youth) Text "LAKECO" to (884) 823-5323



## HERE TO HELP

### \*Antioch Township Senior Task Force

Task Force Coordinator-Courtney Kotloski  
Personal shoppers for groceries, prescriptions, and errands.

(847) 460-2791

[ckotloski@antiochtownshipil.gov](mailto:ckotloski@antiochtownshipil.gov)

### \*Grant Township Residents

Township Supervisor-Kay Starostovic  
If Kay does not answer, leave a message - someone will return your call.  
Phone messages are checked more often than email.

(847) 651-7417

[kstarostovic@granttownshipcenter.org](mailto:kstarostovic@granttownshipcenter.org)



## LOCAL FOOD PANTRIES

### \*Open Arms Food Pantry (Antioch)

1548 Main Street, Antioch on Rt. 83  
Tuesday, Wednesday & Thursdays 4:30pm-6:30pm  
Food Distribution directly to cars to ensure safety to everyone - drive-up

(847) 395-0309

### \*Northern Illinois Helping Hands Food Pantry (Spring Grove)

2502 Spring Ridge Drive, Spring Grove, in the Intermatic parking lot  
Tuesdays & Thursdays from 3pm- 6:30pm  
Food Distribution directly to cars - drive-up

(815) 245-7345



## PHARMACY NEEDS

### \*CVS (Antioch) 8am-8pm & Pharmacy Hours 9am-8pm

983 Illinois Rte. 59, Antioch  
Shopping for vulnerable guests & their caregivers: Wednesdays 9am-10am  
Free delivery of prescriptions and essential needs

(847) 395-5691

[cvs.com](http://cvs.com)

### \*ALL WALGREENS PROVIDE

Free Delivery of Prescriptions &  
Drive-thru shopping for essential needs

[walmart.com](http://walmart.com)

Antioch Weekdays 9am-9pm  
283 W. IL-173, Antioch  
Senior Shopping Hours: Tuesdays 8am-9am

(847) 395-0337

Fox Lake Weekdays 9am-9pm  
61 S, US-12, Fox Lake  
Senior Shopping Hours: Tuesdays 8am-9am

(847) 587-8222

Lakemoor Weekdays 9am-9pm  
28895 W IL Route 120, Lakemoor  
Senior Shopping Hours: Tuesdays 8am-9am

(815) 578-9346



## GROCERIES/OTHER

- \*Aldi (Antioch) Monday - Friday 9am-7pm**  
1390 Deep Lake Road, Antioch  
Seniors, expectant mothers, & underlying health conditions:  
Tuesday & Thursdays 8:30am-9:30am  
Delivery & pickup available, may be delayed

(855) 955-2534  
[aldi.us](http://aldi.us)
  
- \*Dollar General (Fox Lake) 8am-8pm**  
488 Orchard Street  
Hours for all general public

(224) 259-2818  
[dollargeneral.com](http://dollargeneral.com)
  
- \*Dollar General (Fox Lake) 8am-8pm**  
71 E Grand Avenue  
Hours for all general public

(224) 337-3320  
[dollargeneral.com](http://dollargeneral.com)
  
- \*Jewel/Osco (Antioch) 6am-10pm & Pharmacy Hours 9am-8pm**  
966 Rte. 59, Antioch  
Senior Shopping Hours: Tuesdays & Thursdays 7am-9am  
Delivery and pickup available, may be delayed

(847) 395-7363  
[jewelosco.com](http://jewelosco.com)
  
- \*Jewel/Osco (Fox Lake) 6am-10pm Pharmacy Hours 9am-8pm**  
1350 US-12, Fox Lake, IL 60020  
Senior Shopping Hours: Tuesdays & Thursdays 7am-9am  
Delivery and pickup available, may be delayed

(847) 973-9075  
[jewelosco.com](http://jewelosco.com)
  
- \*Lovin' Oven Cakery (Antioch & Round Lake Locations)**  
Tuesday-Saturday 8am-4pm, Sunday 8am-1pm  
455 Lake Street, Antioch IL 60002  
2207 N. IL 83, Round Lake IL 60073  
Walk-in or curbside pickup, online ordering

Antioch - (224) 788-9558  
Round Lake Beach - (847) 231-4700  
[lovinovencakery.com](http://lovinovencakery.com)
  
- \*Old Mill Creek Country Store (Antioch)**  
19588 W. IL Route 173, Antioch  
Monday-Saturday 8am-7pm & Sunday 10am-6pm  
Organic meat, produce, dairy, deli, grocery & frozen foods

(224) 788-8085  
[oldmillcreekcountrystore.com](http://oldmillcreekcountrystore.com)
  
- \*Piggly Wiggly (Antioch) 6am-8pm**  
460 Orchard Street, Antioch  
Seniors encouraged to shop daily from 7am-9am

(847) 395-7842  
[shopthepig.com](http://shopthepig.com)
  
- \*Val's Fresh Market (Fox Lake)**  
17 Towne Centre Lane, Fox Lake  
Monday-Saturday 8am-8pm, Sunday 8am-7pm  
Hours for all general public

(847) 587-0940  
[shopvals.com](http://shopvals.com)
  
- \*Walmart Supercenter (Antioch) 7am-8:30pm**  
475 East, IL-173, Antioch  
60 & older can shop the store & pharmacy one hour before opening  
Grocery pick-up & delivery may be delayed  
Limited number of customers in store at one time

(847) 838-2148  
[walmart.com](http://walmart.com)

**\*Woodman's (Lakemoor) 7am-10pm**  
27555 IL Route 120, Lakemoor  
Senior Shopping Hours: Wednesdays 6am-8am  
Delivery and pickup service available, may be delayed

**(779) 704-4220**  
[shopwoodmans.com](http://shopwoodmans.com)



## ***VETERINARIANS***

**\*Antioch Animal Hospital, Monday - Friday 7:30am-5pm & Saturday 8am-4pm**  
40949 N. IL-83, Antioch  
Please call the office in advance.  
A staff person will come out to your car to take your pet inside,  
administer treatment and return them to you in your car.

**(847) 395-0636**

**\*Lakes Animal Clinic (Antioch)**  
222 IL-173, Antioch  
Please call the office in advance.  
Monday-Friday 8am-5pm (closed from 12-1pm) & Saturday 8am-2pm

**(847) 395-0100**

**\*Fox Lake Animal Hospital, Monday- Friday 9am-6pm & Saturday 8am-2pm**  
161 US-12, Fox Lake  
Please call the office in advance.  
A staff person will come out to your car to take your pet inside,  
administer treatment and return them to you in your car.

**(847) 587-0505**