



(847) 847 - 395-2809
X19 OR X25
aahaa4health.org

NETWORK NURSE™
414-737-6601

6.17.20 Sometimes we all need a little help.

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

Our Network Nurse can help with solutions for:

- GROCERIES
- PRESCRIPTIONS
- CORONAVIRUS INFO
- HEALTH INSURANCE
- REFERRALS TO PHYSICIANS DENTISTS, COUNSELORS
- SHOPPING ASSISTANCE
- RENT/UTILITIES
- TIPS TO STAY SAFE
- HEALTH EDUCATION
- HOUSING CONCERNS

Our Certified Application Specialist can assist with:

- MEDICAID APPLICATIONS
- ACA APPLICATIONS
- SNAP APPLICATIONS
- MEDICAL TRANSPORTATION

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



Doctors at Northwestern Memorial Hospital in Chicago performed the first known double lung transplant for a COVID-19 patient whose lungs were severely damaged from the disease, saving a young woman in her 20's from an almost certain death. Her lungs were so damaged from the virus she would have died without the transplant.

Dr Ankit Bharat at Northwestern Medical Lung Transplant Program, said "COVID-19 is a disease unlike anything we have seen before." "One minute the patient is talking to you and looks comfortable, and the next minute, the patient's oxygen starts to drop, and the patient suddenly requires ventilation and intubation."



ElderCARE is now partnering with The A List Limo and Taxi Company to provide rides to medical appointments for Lake County seniors. The A List vans are fitted with plastic barriers and stocked with wipes and hand sanitizer. This partnership is expected to continue through the end of the year, and is funded through the Lake County Community Foundation, the Healthcare Foundation of Northern Lake County, and Blue Cross Blue Shield.

For more information call ElderCARE: **(847) 406-4683**

Neighbor Helping Neighbor



COPING WITH CORONAVIRUS STRESS

- **Take breaks** from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.





GRANT TOWNSHIP FOOD PANTRY

If you or someone you know **needs food**, please call Grant Township at **847-740-2233**. Drive through distribution of food is available at the lower level by appointment only.

26725 W. Molidor Rd. Ingleside, IL.

- Monday, Tuesday, & Thursday 8:30 am - 2pm
- Friday 8:30am to noon.

GRANT TOWNSHIP TRANSIT

As of 6/10/2020 Grant Township Transportation services will be providing rides for medical appointments.

PASSENGERS MUST WEAR MASKS.

Fares: Monday, Wednesday, and Friday
\$2.00 within 10 miles, one way
\$4.00 10 - 20 miles, one way

For Senior, Disabled and Low-Income

Call 847-546-7433, for information, signup, reservations, or cancellations.



- Catholic Charities (847) 782- 4000



- Community Action Partnership (847) 740-2115



- Mothers Trust Foundation (847) 482-9189
Monday – Thursday, 9 am to 4 pm



LAKE COUNTY CORONAVIRUS CASES June 14, 2020

Total Coronavirus Cases = 9,123

Total Coronavirus Deaths = 343

Long Term Care Facilities

Total Coronavirus Cases = 1,724

Total Coronavirus Deaths = 242



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 – Began May 29th

- **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.
- Check with your healthcare provider about any 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. 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



HOTLINE

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
Unemployment benefits available to
individuals whose unemployment is attributable to COVID-19. | (800) 244-5631
ides.illinois.gov |
| *Representative Joyce Mason's Office
For individuals who are having difficulty accessing
unemployment benefits. | (847) 485-9986 |



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 (847) 460-2791
Task Force Coordinator-Courtney Kotloski
Personal shoppers for groceries, prescriptions, and errands.
ckotloski@antiochtownshipil.gov
- *Grant Township Residents (847) 651-7417
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.
kstarostovic@granttownshipcenter.org



LOCAL FOOD PANTRIES

- *Open Arms Food Pantry (Antioch)** (847) 395-0309
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
- *Northern Illinois Helping Hands Food Pantry (Spring Grove)** (815) 245-7345
2502 Spring Ridge Drive, Spring Grove, in the Intermatic parking lot
Tuesdays & Thursdays from 3pm- 6:30pm
Food Distribution directly to cars - drive-up



PHARMACY NEEDS

- *CVS (Antioch) 8am-8pm & Pharmacy Hours 9am-8pm** (847) 395-5691
983 Illinois Rte. 59, Antioch
Shopping for vulnerable guests & their caregivers: Wednesdays 9am-10am
Free delivery of prescriptions and essential needs
cvs.com
- *ALL WALGREENS PROVIDE** walgreens.com
Free Delivery of Prescriptions &
Drive-thru shopping for essential needs
- Antioch - Weekdays 9am-9pm** (847) 395-0337
283 W. IL-173, Antioch
Senior Shopping Hours: Tuesdays 8am-9am
- Fox Lake - Weekdays 9am-9pm** (847) 587-8222
61 S, US-12, Fox Lake
Senior Shopping Hours: Tuesdays 8am-9am
- Lakemoor - Weekdays 9am-9pm** (815) 578-9346
28895 W IL Route 120, Lakemoor
Senior Shopping Hours: Tuesdays 8am-9am



GROCERIES/OTHER

- *Aldi (Antioch) Monday - Friday 9am-7pm**
1390 Deep Lake Road, Antioch
Seniors: Tuesday & Thursdays 8:30am-9:30am
(855) 955-2534
aldi.us
- *Dollar General (Fox Lake) 8am-8pm**
488 Orchard Street
Hours for all general public
(224) 259-2818
dollargeneral.com
- *Dollar General (Fox Lake) 8am-8pm**
71 E Grand Avenue
Hours for all general public
(224) 337-3320
dollargeneral.com
- *Jewel/Osco (Antioch) 6am-Midnight & Pharmacy Hours 8am-10pm**
966 Rte. 59, Antioch
Delivery and pickup available, may be delayed
(847) 395-7363
jewelosco.com
- *Jewel/Osco (Fox Lake) 6am-Midnight Pharmacy Hours 8am-10pm**
1350 US-12, Fox Lake, IL 60020
Delivery and pickup available, may be delayed
(847) 973-9075
jewelosco.com
- *Lovin' Oven Cakery (Antioch & Round Lake Locations)**
455 Lake Street, Antioch IL 60002
2207 N. IL 83, Round Lake IL 60073
Tuesday-Saturday 7am-6pm, Sunday 8am-1pm
Walk-in or curbside pickup, online ordering
Antioch - (224) 788-9558
Round Lake Beach - (847) 231-4700
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
- *Piggly Wiggly (Antioch) 7am-9pm**
460 Orchard Street, Antioch
Seniors encouraged to shop daily from 7am-9am
(847) 395-7842
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
- *Walmart Supercenter (Antioch) 7am-8:30pm**
475 East, IL-173, Antioch
60 & older can shop the store & pharmacy one hour before opening
Limited number of customers in store at one time
(847) 838-2148
walmart.com
- *Woodman's (Lakemoor) 7am-10pm**
27555 IL Route 120, Lakemoor
Senior Shopping Hours: Tuesdays & Wednesdays 6am-8am
(779) 704-4220
shopwoodmans.com



VETERINARIANS

- *Antioch Animal Hospital, Monday - Friday 7:30am-5pm & Saturday 8am-4pm** **(847) 395-0636**
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.
- *Lakes Animal Clinic (Antioch)** **(847) 395-0100**
222 IL-173, Antioch
Please call the office in advance.
Monday-Friday 8am-5pm (closed from 12-1pm) & Saturday 8am-2pm
- *Fox Lake Animal Hospital, Monday- Friday 9am-6pm & Saturday 8am-2pm** **(847) 587-0505**
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.