



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

7.1.20 Sometimes we all need a little help.

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

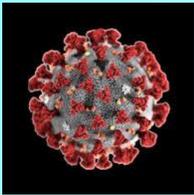
Our Network Nurse can help with solutions for:

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

Our Certified Application Specialist can assist with:

NETWORK NURSE™
(414) 737-6601

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



COVID-19 MUTATION

Covid-19 has a series of characteristic spikes surrounding its core. These spikes are protruding structures that gives the coronavirus its crownlike profile and allows the virus to enter human cells the way a burglar picks a lock.

Now, a mutation affecting the protein structure of these spikes has been observed.

At first glance, the mutation seemed trivial, but now a growing number of scientists are considering that while this mutation does not appear to be making people sicker, it may be making the virus more contagious.

WATCH FIREWORKS AT HOME A Capitol Fourth 2020

A star-studded concert event and fireworks that go off above the National Mall in Washington, D.C.

July 4, 7 p.m. CT

Broadcast on PBS - Check your TV programming.



GET TOGETHER WITH FRIENDS OR FAMILY

*** SAFELY ***

Keep the fun outside.
Distance is everything.
B.Y.O. Everything.

Wear masks unless eating.
Space chairs six feet apart.
Hand Sanitizer on tables.

Lake County COVID-19 6/30/2020

Total Cases	9,690	Deaths = 393
Long Term Care Facilities Cases	1,829	Deaths = 276



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.

PLEASE REMEMBER
WEAR YOUR MASK TO PROTECT OTHERS AND SLOW THE SPREAD

(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.

TO OUR FRIENDS AND NEIGHBORS

AAHAA will now be begin distributing this news & resource guide on a monthly basis.

If we become aware of a new resource or important news, we will send out a news blast. You can always download our latest AAHAA News & Resource Guide from our website - aahaa4health.org. If you or someone you know can offer help, please send your information to info@aahaa4health.org.

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 |



CORONAVIRUS TESTING SITES

(All testing sites will be closed for the holiday starting July 1st, and reopening on July 6th)

***Waukegan Community-Based Testing Site**

102 W. Water Street, Waukegan, Illinois

8 am until 4pm (or until 750 tests completed each day)

Community-based testing sites are available to anyone to get tested, regardless of symptoms or other criteria.

No appointment, doctor referral, or insurance is needed at state operated drive-thru sites and testing is available at no cost to the individual. I.D required.

***Johnsburg Walmart & e-TrueNorth Testing Site**

3801 Running Brook Farms Blvd, Johnsburg, Illinois (Parking lot)

Testing for first responders, health care providers, and

others with symptoms of COVID-19 and those in high risk groups without symptoms.

Those interested in being tested need to visit www.DoINeedaCOVID19test.com to see if

eligible for testing and to make an appointment. No out-of-pocket cost for the test. I.D. required.



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

***Grant Township Residents**

Township Supervisor-Kay Starostovic

(847) 651-7417

kstarostovic@granttownshipcenter.org



***Catholic Charities**

(847) 782-4000

***Community Action Partnership (CAPS)**

(224) 412-8945

***Mother's Trust Foundation (homes with children)**

(847) 482-9189

Hours: Monday-Thursday 9am-4pm



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

- *Antioch Community Counseling Services (sliding scale fee) (847) 454-3111
- *Blending Families (Antioch) (847) 838-9904
- *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
- *Lake Behavioral Hospital (855) 990-1900 (toll free)
 - Adolescents, Adults, & Seniors (works with Medicaid/Medicare)
- *Lake County Crisis Line (you may place an anonymous call) (847) 377-8088
 - No out of pocket costs for seniors
- *Lisa Berg, LCSW (Antioch) (224) 357-6793
 - Individuals & family counseling (telephone sessions available)
 - Approved Medicare provider
- *Nicasa HUGS Line (847) 546-6450
 - COVID-19 emotional help & recovery support

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



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 cvs.com
Shopping for vulnerable guests & their caregivers: Wednesdays 9am-10am
Free delivery of prescriptions and essential needs

***ALL WALGREENS PROVIDE** walgreens.com
Free Delivery of Prescriptions &
Drive-thru shopping for essential needs

Antioch - Weekdays 7am-10pm (847) 395-0337
283 W. IL-173, Antioch
Senior Shopping Hours: Tuesdays 8am-9am

Fox Lake - Weekdays 7am-10pm (847) 587-8222
61 S, US-12, Fox Lake
Senior Shopping Hours: Tuesdays 8am-9am

Lakemoor - Weekdays 8am-10pm (815) 578-9346
28895 W IL Route 120, Lakemoor
Senior Shopping Hours: Tuesdays 8am-9am



GROCERIES/OTHER

***Aldi (Antioch) Monday - Friday 9am-8pm** (855) 955-2534
1390 Deep Lake Road, Antioch aldi.us
Seniors: Tuesday & Thursdays 8:30am-9:30am

***Dollar General (Fox Lake) 8am-9pm** (224) 259-2818
488 Orchard Street dollargeneral.com
Hours for all general public

***Dollar General (Fox Lake) 8am-9pm** (224) 337-3320
71 E Grand Avenue dollargeneral.com
Hours for all general public

***Jewel/Osco (Antioch) 6am-Midnight & Pharmacy Hours 8am-10pm** (847) 395-7363
966 Rte. 59, Antioch jewelosco.com
Delivery and pickup available, may be delayed
Seniors encouraged to shop daily from 7am-9am

***Jewel/Osco (Fox Lake) 6am-Midnight Pharmacy Hours 8am-10pm** (847) 973-9075
1350 US-12, Fox Lake, IL 60020 jewelosco.com
Delivery and pickup available, may be delayed
Seniors encouraged to shop daily from 7am-9am

***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

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**
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.

(847) 587-0505