



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

6.24.20 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

NETWORK NURSE™
(414) 737-6601

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

INCREASING CORONAVIRUS RATES

Coronavirus rates are increasing in the Southern and Western United States. There is also increasing infection rates among younger people in their 20's and 30's.

Officials question whether younger people are ignoring social distancing and testing positive. While younger people are more likely to have milder cases, they can go on to infect those at greater risk of more serious complications and possible deadly outcomes.



**ILLINOIS TO ENTER
PHASE 4 OF REOPENING
FRIDAY 6/26/20**

Phase 4 will allow for the reopening of businesses like restaurants with indoor dining, museums, zoos, movies, theater, health, and fitness centers. Gathering size can be increased from 10 to 50 and extends to activities like meetings, funerals, and events.

Capacity guidelines WILL apply to facilities, gatherings, and events to allow for social distancing. Greater details can be found at:

[Click Here To View](#)

Lake County coronavirus Cases 6/23/2020

Total	Cases = 9,355	Deaths = 365
Long Term Care Facilities	Cases = 1,746	Deaths = 254



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 |
(800) 244-5631 |
| Unemployment benefits available to | 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. | |



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
*Community Action Partnership (CAPS)
*Mother's Trust Foundation (For homes with children)
Hours: Monday-Thursday 9am-4pm

(847) 782-4000
(224) 412-8945
(847) 482-9189



MENTAL HEALTH SUPPORT

Domestic Abuse Support

*A Safe Place – Lake County
*Illinois Statewide Domestic Hotline
*National Domestic Abuse Hotline

(800) 600-7233
(877) 863-6338
(800) 799-7233

Counseling Services

*Lake County Crisis Line (you can place an anonymous call)
*Blending Families (Antioch)
*Antioch Community Counseling Services
(sliding scale fee)
*CYN Counseling Center
CYN After-Hours Crisis Line
*Family Service of Lake County Counseling (Phone/Video sessions)
No out of pocket costs for seniors
*Nicasa HUGS Line
Covid emotional help & recovery support
*Lake Behavioral Hospital
Adolescents, Adults, & Seniors (Works with Medicaid/Medicare)

(847) 377-8088
(847) 838-9904
(847) 454-3111

(847) 548-6000 X 010
(847) 587-3100
(847) 432-4981

(847) 546-6450

(855) 990-1900 (toll free)

TEXT Support Services

*CALL4CALM (Covid-19 support)
*Disaster Distress Coronavirus Hotline
*Text-A-Tip (Support for middle-school & high school youth)

Text "Talk" to 552020
Text "TalkWithUs" to 66746
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](https://www.cvs.com)

Shopping for vulnerable guests & their caregivers: Wednesdays 9am-10am

Free delivery of prescriptions and essential needs

*ALL WALGREENS PROVIDE

[walgreens.com](https://www.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.**