

## **Q & A FOR SENIOR CITIZENS:**

**Q: Who can I call to get information and assistance for my elderly relative?**

**A:** Call the Department of Aging or look at their website (pg.15) for further information. Some of the services offered are:

Benefits Eligibility Checkup list and Application, Carrier Alert Program, CHA Resident Service Coordination, Chore/Housekeeping Service, Caregiving Resources, Grandparents Raising Grandchildren Programs, Employment Services, Foster Grandparent Program, Gatekeeper Chicago/Well-Being Checks, Golden Diner Nutrition Program, Home Delivered Meals, Life Enrichment Programs, Mayor Daley's Senior Shuttle, Medical Transportation Assistance, Ombudsman Program, Pension Information Effort (PIE), Respite Care, Senior Companion Program, Chicago Fitness Plus, Legal Assistance, Senior Housing Information, etc.

**Q: Is there a guide made for senior citizens in Chicago?**

**A:** Yes, call the city clerk's office and ask for a Senior Guide pg.16. The city clerk's office has the following services:

City vehicle stickers, residential parking stickers, landlord tenant rights information, Chicago medical ID program, employment services, respite care centers, life enrichment programs, housing assistance programs, senior citizen exemption, senior citizen sewer service charge exemption, seniors save program, food stamps, meals on wheels, Medicaid and medical assistance, legal assistance, long term care Ombudsman, volunteer opportunities, senior clubs shared-cost programs, senior citizen assessment freeze exemption, etc.

**Q: Where are the Warming and Cooling Centers?**

**A:** Call 311 and ask where the nearest warming or cooling center is from your house. Usually libraries, police stations, department of aging facilities (pg. 15) are warming and cooling centers.

**Q: How can I keep my elderly loved one active and involved in Chicago services?**

**A:** Contact the Chicago Department of Aging centers (pg. 15). The closest one for most 23<sup>rd</sup> District residents will be the Levy Senior Center at 2019 W. Lawrence. Chicago Department of Aging centers offer major social activities include classes, trips, parties, and recreational activities. The center also serves a hot lunch daily, as part of the department's Golden Diners Program. Additionally, a comprehensive fitness and wellness program is also offered. Other services also include a community-based Information & Assistance Unit that can link senior citizens to benefits and services.

**Q: Does the 23<sup>rd</sup> District have a senior Thanksgiving Luncheon?**

**A:** Yes, it is usually the first Thursday before Thanksgiving. November 20, 2008 will be the next Senior Thanksgiving Luncheon, contact Senior Citizen Liaison Officer Cox, pg. 15.