



2026 CITY OF CALUMET CITY
**SENIOR CITIZEN
RESOURCE GUIDE**

INTRODUCTION

Mayor Thaddeus M. Jones, the City Council, and the City's administration are pleased to provide this Senior Citizen Information Handbook. As Calumet City's aging population grows, we recognize the need for reliable and accessible information. Many seniors and their families increasingly have questions about what options and services are available to them.

Therefore, this information resource is designed to be a consistent tool in helping to answer those questions and connecting seniors with the resources they need.

As our loved ones age, it can become increasingly challenging to provide them with the care and support they need. Fortunately, there are many community resources available to help seniors and their families navigate this stage of life. In this guide, Calumet City explores the various resources and programs available for the elderly, and how they can benefit both seniors and their caregivers.

The City of Calumet City consistently celebrates its senior citizens with various programs and events throughout the year; and as we grow older, the need for connection and support becomes even more vital. For individuals aged 60 and beyond, being part of a community is not just important, it's essential for maintaining physical, mental, and emotional well-being. The idea of "community" holds greater significance for seniors. Calumet City provides a sense of belonging, an opportunity for social engagement, and access to resources that promote health and happiness.

The City extends its thanks to the department of Community and Economic Development (CED) for this effort; and a special thank you to Sophia Rose Becker-Toro, the City's Purdue University Intern.

****information is subject to changes****

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URGENT CARE

UCHICAGO MEDICINE URGENT AID (INGALLS)

1600 Torrence Ave, Calumet City, IL

Hours: Open 24/7 for urgent aid

Phone: (708) 730-1300

Website: www.uchicagomedicine.org/find-a-location/uchicago-medicine-primary-care-at-ingalls-calumet-city

UCHICAGO MEDICINE / INGALLS (HARVEY LOCATION)**

1 Ingalls Dr, Harvey, IL

Walk-in / urgent care services

Website: www.solvhealth.com/uchicago-medicine-harvey-il-gJyylp

UCHICAGO MEDICINE OUTPATIENT CENTER AT INGALLS – HARVEY

71 W 156th St, Harvey, IL 60426

Hours: Monday – Friday: 7:00 a.m. – 5:30 p.m.

Website: www.uchicagomedicine.org/find-a-location/uchicago-medicine-at-ingalls-outpatient-center-harvey

MIDWEST EXPRESS CLINIC URGENT CARE

12850 S Ashland Ave, Calumet Park, IL

Hours: 7 days a week 8:00 a.m. - 8:00 p.m. (weekdays), 8:00 a.m. - 6:00 p.m. (weekends)

Phone: (708) 972-7958

Website: www.clockwisemd.com/hospitals/6159/visits/new

CVS MINUTECLINIC (CALUMET CITY)

Various CVS locations in Calumet City

Walk-in clinic services

Website: www.cvs.com/minuteclinic/clinic-locator/il/calumetcity/

CVS MINUTECLINIC (HARVEY)

14701 S Pulaski Rd, Harvey, IL

Walk-in clinic / minute clinic services

Website: www.cvs.com/minuteclinic/clinic-locator/il/harvey/

FAMILY CHRISTIAN HEALTH CENTER – HARVEY

31 West 155th St, Harvey, IL

Hours: Monday – Friday: 7:00 a.m. – 6:00 p.m.

Phone: (708) 596-5177

Website: www.familychc.com/location-and-hours/

COMMUNITY IMMEDIATE CARE MUNSTER

1946 45th St, Munster, IN

Walk-in urgent care for non-life-threatening conditions

Website: www.vituity.com/locations/community-immediate-care-munster/

POWERS HEALTH IMMEDIATE CARE

10240 Calumet Ave, Munster, IN

Accepts walk-ins for non-emergent care

Website: www.powershealth.org/locations/p/powers-health-immediate-care-munster

FRANCISCAN EXPRESSCARE

Munster, IN

Walk-in urgent care for non-life-threatening conditions

Website: www.directory.franciscanhealth.org/location/franciscan-expresscare-1

MINUTECLINIC (CVS)

801 Main St, Munster, IN

Walk-in clinic services (minor illnesses, etc.)

Website: www.cvs.com/minuteclinic/clinic-locator/in/munster/4368.html

MIDWEST EXPRESS CLINIC (SERVING LANSING AREA)

8135 Calumet Ave (near Lansing area)

Urgent care clinic near Lansing

Phone: (219) 513-2000

Website: www.yelp.com/biz/midwest-express-clinic-munster-3

MIDWEST EXPRESS CLINIC

12200 Western Ave, Suite 100, Blue Island, IL 60406

Walk-in urgent care, open 7 days

Phone: (708) 631-2781

Website: www.midwestexpressclinic.com/locations/blue-island-il/

CVS MINUTECLINIC

14701 S. Pulaski Rd, Harvey / Blue Island

Walk-in clinic services

Website: www.cvs.com/minuteclinic/clinic-locator/il/blueisland/

FAMILY URGENT CARE

1217 US Hwy 41, Schererville, IN

Walk-in urgent care, no appointment needed

Phone: (219) 758-7770

Website: www.famurgencare.com

NORTHSORE HEALTH CENTERS (URGENT CARE)

2121 East Columbus Drive, East Chicago, IN

MIDWEST EXPRESS CLINIC

1500 US-41, Schererville, IN

Urgent care services

Website: www.solvhealth.com/il/c/lansing-il-urgent-care?

METHODIST CAREFIRST (IMMEDIATE CARE)

Schererville, IN

Immediate / prompt care without appointment

Website: www.methodisthospitals.org/services/care-first/carefirst-schererville/

LAKESHORE BONE & JOINT INSTITUTE – URGENT CARE (ORTHOPEDIC)

Schererville, IN

Walk-in orthopedic urgent care for bone/joint injuries

Website: www.lbji.com/user/login?destination=/orthopedic-urgent-care%3Futm_source%3D-chatgpt.com

UCHICAGO MEDICINE URGENT CARE HOMewood

Walk-in urgent care available

Website: www.uchicagomedicine.org/conditions-services/urgent-care

LOCAL MD URGENT CARE

17960 S Halsted St, Homewood, IL

Hours: Monday – Friday 8:00 a.m. – 8:00 p.m., Saturday & Sunday 9:00 a.m. – 5:00 p.m.

MD URGENT CARE

9636 Cline Ave, Highland, IN 46322

Phone: (219) 513-8677

Website: mdurgentcare.us

NW INDIANA ER & HOSPITAL

Highland, IN

Offers emergency / urgent care services

Phone: (219) 554-9911

Website: www.nwindianaeer.com/urgent-care-facility-highland-indiana/

MED-CLINIC

4321 Fir St, East Chicago, IN

Walk-in urgent care services

Website: www.solvhealth.com/med-clinic-east-chicago-in-AMZBkp

TCA HEALTH — HEGEWISCH MEDICAL CLINIC

3336 S Baltimore Ave, Chicago, IL

Phone: (773) 995-6300

Hours: Mon 9:30 a.m. – 6:30 p.m.; Wed & Thu 8:30 a.m. – 5:30 p.m.; closed Sunday

Website: www.tcahealth.org/hegewisch-medical-clinic/

BASIC NEEDS / MEALS / FOOD BANKS

CALUMET CITY RESOURCES INC.

768 Lincoln Ave, Calumet City, IL

Pantry / grocery distribution: Monday & Tuesday 9:30 a.m. – 11:30 a.m.

Phone: (708) 891-9330

Website: www.chicagosfoodbank.org/locations/calumet-city-resources-inc/

CALUMET TOWNSHIP COMMUNITY CENTER

12633 S Ashland Ave, Calumet Park, IL

Pantry / grocery distribution for seniors

Hours: 1st & 3rd Thursdays 1:00 p.m. – 3:00 p.m.

Phone: (708) 388-6606

Website: www.chicagosfoodbank.org/locations/calumet-township-community-center/

COVENANT UCC FOOD PANTRY

1102 E 154th St, South Holland, IL

Hours: Saturdays 9:30 a.m. – 12:00 p.m.

Phone: (708) 793-3943

Website: www.chicagosfoodbank.org/locations/covenant-ucc/

EMMANUEL CHRISTIAN CHURCH PANTRY

Calumet City, IL

Local pantry serving the community

Website: www.7cups.com/local/us/il/calumet-city/food/food-pantry-6321175783?

CORNERSTONE COMMUNITY DEVELOPMENT CORPORATION PANTRY

943 E Lincoln Hwy, Calumet City, IL

Hours: Thursdays 9:00 a.m. – 12:00 p.m.

Website: www.7cups.com/local/us/il/calumet-city/60411/food/

THORNTON TOWNSHIP FOOD PANTRY

(serving Calumet City area)

Hours: Monday & Friday 10:00 a.m. – 12:00 p.m., 1:00 p.m. – 3:00 p.m.; Wednesday 10:00 a.m. – 12:00 p.m. & 4:30 p.m. – 6:00 p.m.

Phone: (708) 596-6040 ext. 3180

Website: www.calumetcity.org/resources/

INCARNATION PARISH FOOD PANTRY

2339 York St, Blue Island, IL

Hours: Fridays 9:15 a.m. – 11:15 a.m.

Phone: (708) 385-8510

Website: www.govst.edu/gsu4u-food-pantries/

CALUMET CITY / GSU4U FOOD PANTRY RESOURCE

202 E 155th Pl, Calumet City, IL

Hours: Pantry / grocery distribution: Mondays & Tuesdays 9:30 a.m. – 11:30 a.m.

Phone: (708) 891-9330

Website: www.govst.edu/gsu4u-food-pantries/

GRACE M.B.C. PANTRY

16650 Crawford Ave, Markham, IL

Hours: Saturdays 10:00 a.m. – 12:00 p.m.

Phone: (708) 339-2060

Website: www.govst.edu/gsu4u-food-pantries/

HAZEL CREST COMMUNITY CHURCH PANTRY

17050 California Ave, Hazel Crest, IL

Hours: Wednesdays 10:00 a.m. – 12:00 p.m.

Phone: (708) 335-4500

Website: www.govst.edu/gsu4u-food-pantries/

NEW ZION / BOOC JOSEPH STORE HS

14200 Chicago Rd, Dolton, IL

Hours: Saturdays 10:00 a.m. – 1:00 p.m.; Wednesdays (emergencies / by appointment)

12:00 p.m. – 1:00 p.m.

Phone: (708) 849-3237

Website: www.unite1here.org

LANSING COMMUNITY FOOD PANTRY

Lower level of Lansing Assembly of God Church

2990 Ridge Road, Lansing, IL

Website: www.thelansingjournal.org/2021/06/19/lansing-food-pantry-still-open-every-tuesday/

MT. ZION UFL MINISTRIES FOOD PANTRY

2340 177th St, Lansing, IL

Website: www.facebook.com/MtZion24hourMallPantry/

LIVING GRACE CHURCH FOOD PANTRY

Listed on FindHelp for Lansing, IL

Website: www.findhelp.org/food/food-pantry--lansing-il

HOT MEALS FOR SENIORS

CALUMET TOWNSHIP – MEAL DELIVERY / HOME-DELIVERED MEALS

Provides home-delivered meals through South Suburban Senior Services.

Hours: Monday-Friday, delivered through the Village of Phoenix Community Center.

Calumet Township; for registration you can contact South Suburban Senior Services.

Phone: (708) 596-2222.

Website: www.mowfni.org

BLOOM TOWNSHIP — SOUTH CHICAGO HEIGHTS SENIOR CENTER

Bloom Township; service managed by South Suburban Senior Services

Home delivered meals via the local senior center.

Website: www.mowfni.org

COMMUNITY NUTRITION NETWORK & SENIOR SERVICES

ASSOCIATION (CNNSSA)

Operates "Community Café" locations for sit-down meals and also offers home-delivered meals to eligible seniors in Suburban Cook County.

Website: www.mowfni.org

MEALS ON WHEELS FOUNDATION OF NORTHERN ILLINOIS

Home delivered meals programs in Cook County (including townships like Calumet Township, etc.).

Website: www.mowfni.org

CJE SENIORLIFE – FOOD SERVICES

Provides home-delivered meals and supports special dietary needs for older adults.

Website: www.cje.net

THORNTON SENIOR LUNCHEON PROGRAM

(THORNTON TOWNSHIP)

Offers senior lunch programs (congregate settings) in addition to providing meals and social gathering opportunities. Not exactly home delivery, but may help people who can leave home.

HOUSING/HOME IMPROVEMENT

COOK COUNTY HEALTHY HOMES FOR HEALTHY FAMILIES

Supports income-eligible households (owners or renters) in suburban Cook County by providing free safety, energy efficiency, water conservation, and whole-home upgrades. Upgrades may include removal/treatment of mold/pests, plumbing, electrical issues, weatherization, high efficiency appliances, lead remediation, etc.

Website: www.cookcountylil.gov/healthyhomes

HOME REPAIR AND ACCESSIBILITY PROGRAM (HRAP) - ILLINOIS HOUSING DEVELOPMENT AUTHORITY (IHDA) VIA NORTHWEST HOUSING PARTNERSHIP (NWHP)

Offers grants to low-moderate income homeowners (in Cook, DuPage, Kane Counties) to address overdue home repairs and accessibility modifications. Grant forgivable after 5 years; covers roofs, electrical, plumbing, walk-in showers, grab-bars, accessibility modifications

Website: www.nwhp.net/programsold/

CHICAGOLAND HABITAT FOR HUMANITY - REGIONAL REPAIRS

Nonprofit that helps low-income homeowners with needed repairs and maintenance across the region. Repairs may include structural, safety, weather damage, accessibility, etc. Often requires homeowner participation and may have waiting lists.

Website: www.chicagolandhabitat.org

REBUILDING TOGETHER NORTH SUBURBAN CHICAGO

Provides free repairs, safety improvements, and modifications to low-income homeowners, especially seniors, families with children, veterans, etc. Focus is on health and safety; they often help with roof repairs, accessibility, heating, etc., depending on resources.

Website: www.rebuildingtogethernsc.org

UPKEEP & REPAIR - H.O.M.E (HOUSING OPPORTUNITIES & MAINTENANCE FOR THE ELDERLY)

Helps low-income senior homeowners in Chicago with repairs (electrical, plumbing, carpentry) so they can stay safe in their homes. Homeowners pay a small service fee (\$25) plus materials; labor provided freely. Must meet age and income thresholds.

Website: www.homeseniors.org

VETERAN HOME REPAIR PROGRAM - COOK COUNTY + REBUILDING TOGETHER METRO CHICAGO

Free indoor/outdoor repairs or home modifications for veteran homeowners/caretakers in Cook County. Prioritized for low-income veterans. Roofs, walkways, accessibility modifications.

Website: www.cookcountylil.gov/service/veteran-home-repair-program

FIX OUR HOMES ILLINOIS (COALITION LED BY H.O.M.E.)

Advocates for policy and public funding; works through organizations to help secure more resources for low-income homeowners needing repairs. Not always direct funding; may help connect with programs, advocate for expansions.

Website: fixourhomesillinois.org

HOUSEHOLD GOODS

CHICAGO FURNITURE BANK

Provides essential furniture to individuals and families in need, including seniors. Acts as an intermediary between donors and those in need, ensuring that donated furniture reaches clients for free.

Website: www.chicagofurniturebank.org

THE SALVATION ARMY

Offers free furniture pickup and provides household goods to those in need. Accepts donations and redistributes them to individuals and families, including seniors. Website: www.satruck.org

RESTORATION MINISTRIES THRIFT STORES

Operates thrift stores in South Holland and Harvey, offering quality furniture and household items at affordable prices.

Website: www.restorationministries.net/thrift-stores/

CATHOLIC CHARITIES USA

Provides various services to older adults, including assistance with household goods.

Website: www.catholiccharities.net

IN HIS HANDS RESOURCE CENTER INC.

Offers assistance to older adults and individuals in need by providing nutritious food and essential items through various programs and giveaways.

Website: www.ihhresources.com

HOUSING SEARCH AND INFORMATION

HOUSING AUTHORITY OF COOK COUNTY (HACC)

Administers rental assistance programs, including the Housing Choice Voucher (HCV) Program, to help low-income households afford decent and safe rental housing.
Website: www.thehacc.org

ILLINOIS HOUSING DEVELOPMENT AUTHORITY (IHDA)

Offers various housing programs, including rental assistance and affordable housing options, for residents across Illinois.
Website: www.ihda.org

METROPOLITAN FAMILY SERVICES CALUMET CENTER

Provides a range of programs, including housing assistance, to families and individuals in the Calumet City area.
Website: www.metrofamily.org

ILLINOIS HOUSING HELP

Offers guidance on emergency housing assistance programs available to Illinois residents, including rental assistance and housing resources.
Website: www.illinoishousinghelp.org

7 CUPS HOUSING RESOURCES

Calumet City, IL
Provides information on housing placement and assistance programs, including resources for affordable housing and shelters.
Website: www.7cups.com

HOMELESSNESS AND SHELTERS

CATHOLIC CHARITIES HOUSING ACCESS PROGRAMS

Provides housing assistance, including emergency shelter, for seniors and families in need.
Phone: Suburban Cook County: (877) 426-6515 | Chicago: 311 or (312) 744-5000
Website: www.catholiccharities.net

THE SALVATION ARMY – BLUE ISLAND CORPS

Offers emergency shelter, rent/mortgage assistance, and utility assistance to prevent homelessness.
Phone: (708) 332-0100
Website: www.salvationarmyusa.org/il/blue-island/burr-oak-avenue-corps/

METROPOLITAN FAMILY SERVICES – CALUMET CENTER

Provides housing support, legal assistance, and case management for seniors facing housing challenges.
Phone: (773) 371-3642
Website: www.metrofamily.org/community_center/calumet/

ILLINOIS DEPARTMENT OF HUMAN SERVICES (IDHS) – HOMELESS PREVENTION PROGRAM

Offers rental/mortgage assistance, utility assistance, and case management to prevent homelessness.
Phone: (800) 843-6154
Website: www.dhs.state.il.us/page.aspx?item=30360

BEDS PLUS CARE

Provides emergency shelter and supportive services for homeless individuals, including seniors.
Phone: (877) 426-6515
Website: www.beds-plus.org

TRANSITIONAL HOUSING

ITS ABOUT CHANGE SOBER LIVING INC

409 Prairie Ave, Calumet City, IL 60409

Transitional housing, sober living

Phone: (708) 868-5014

NKD TRANSITIONAL HOMES

Calumet City, IL 60409

Transitional housing services

Phone: (312) 964-0233

BILLS FAMILY

1624 East Harbor St, Calumet City, IL 60409

Transitional housing services

Phone: (708) 734-4370

BEDS PLUS CARE

Summit, IL (serving Southwest Suburban Cook County)

Trauma-informed housing, case management, supportive services

Phone: (708) 354-0858

HOUSING FORWARD

Maywood, IL (serving West Suburban Cook County)

Emergency shelter, transitional housing, supportive services

Phone: (708) 338-1724

CATHOLIC CHARITIES OF CHICAGO

Chicago, IL (serving Lake and Northwest Cook Counties)

Transitional housing, supportive services

Phone: (312) 655-7235

DEBORAH'S PLACE

Chicago, IL (serving North and West Chicago)

Interim housing, supportive services for women

Phone: (312) 944-8869

NURSING FACILITIES

GREEN OAKS OF RIVER OAKS

Calumet City, IL

An affordable assisted lifestyle community offering studio and one-bedroom apartments with personal assistance and support services.

Website: www.gardant.com/greenoaks-riveroaks/

VICTORY CENTRE OF RIVER OAKS

Calumet City, IL

Provides supportive living with the VIVA! Plus coordinated care model, offering medical services in the comfort of residents' homes.

Website: www.senioradvisor.com/local/victory-centre-of-river-oaks-calumet-city-il

TRI-STATE NURSING AND REHABILITATION CENTER

Lansing, IL

Offers skilled rehabilitation and long-term care in a caring and home-like environment, focusing on personalized, goal-oriented care.

Website: www.tristatevillage.com

SOUTH HOLLAND MANOR HEALTH & REHAB CENTER

South Holland, IL

Provides individualized care in a warm and supportive environment, with skilled clinical and therapy teams delivering specialized care.

Website: www.southhollandmanorhrc.com

APERION CARE DOLTON

Dolton, IL

Offers 24-hour skilled nursing care, physical, occupational, and speech therapy, and specialized programs like osteoporosis rehabilitation.

Website: www.aperioncare.com/locations/dolton/?utm_source=chatgpt.com

KINDRED NURSING AND REHABILITATION

South Holland, IL

Provides skilled nursing and rehabilitation services with a focus on personalized care and recovery.

REST HAVEN SOUTH SKILLED NURSING

South Holland, IL

Offers skilled nursing services with a commitment to compassionate care and rehabilitation.

If you need assistance comparing these facilities or have specific questions about services, feel free to ask!

RESIDENTIAL CARE HOMES AND ADULT FOSTER HOMES

COVENANT HOME OF CHICAGO

2720 W Foster Ave, Chicago, IL 60625

Website: www.covhomechicago.org

UCP SEGUIN OF GREATER CHICAGO

3100 S Central Ave, Cicero, IL 60804

Website: www.ucpseguin.org

ENVISION UNLIMITED

8 S Michigan Ave #1700, Chicago, IL 60603

Website: www.envisionunlimited.org

CHICAGO METHODIST SENIOR SERVICES

5145 N Glenwood Ave, Chicago, IL 60640

Website: www.cmsschicago.org

JCFS CHICAGO

230 W Monroe St #1100, Chicago, IL 60606

Website: www.jcfs.org

RIPPLE BEHAVIOR SOLUTIONS

35 S Wisconsin St, Elkhorn, WI 53121

Website: www.ripplebehaviorsolutions.net

RETIREMENT AND ASSISTED LIVING RESIDENCES: GREEN OAKS OF RIVER OAKS

1370 Ring Rd, Calumet City, IL 60409

An affordable assisted lifestyle community offering studio and one-bedroom apartments with personal assistance and support services.

Website: www.gardant.com

VICTORY CENTRE OF RIVER OAKS

1370 Ring Rd, Calumet City, IL 60409

Provides supportive living with the VIVA! Plus coordinated care model, offering medical services in the comfort of residents' homes.

Website: www.senioradvisor.com/local/victory-centre-of-river-oaks-calumet-city-il/

BERNARDIN MANOR

1700 Memorial Dr, Calumet City, IL 60409

An independent living facility with 180 one-bedroom units, offering amenities like a library, laundry facilities, and a community room.

Website: www.catholiccharities.net/homelessness-prevention/housing-access/

GARDEN HOUSE OF RIVER OAKS I & II

1350 & 1340 Ring Rd, Calumet City, IL 60409

Low-income affordable housing options for seniors, providing a supportive community environment.

Website: www.seniorhousingnet.com/seniorliving-detail/garden-house-of-river-oaks-i_1350-ring-rd_calumet-city_il_60409-584566/

ROYAL ESTATES ASSISTED LIVING

1515 E 154th St, Dolton, IL 60419

Offers assisted living services with amenities like a beauty salon, devotional services, and guest meals.

Website: www.royalestatesal.com

SENIOR SUITES OF FAY'S POINT

Blue Island, IL

A premier retirement community offering personalized care, chef-prepared meals, and engaging recreational activities.

Website: www.seniorlifestyle.com/property/illinois/senior-suites-of-fays-point/

WATERFORD ESTATES

Located in the south suburbs of Chicago

Nestled within 12 lush acres, offering a vibrant and supportive senior living community with compassionate and personalized service.

Website: www.waterford-living.com

TRANSPORTATION NEEDS

PACE SUBURBAN BUS

Routes Serving Calumet City: 350, 358, 364

Regional Day Pass: Unlimited travel on Pace, Metra, and CTA for 24 hours. Prices vary based on Metra zones. Available via the Ventra app.

Website: www.pacebus.com/fares/

CTA (CHICAGO TRANSIT AUTHORITY)

Unlimited Ride Passes:

1-Day CTA/Pace Pass: \$5

3-Day Pass: \$15

7-Day Pass: \$20

30-Day Pass: \$75

Purchase available on Ventra Cards at vending machines or participating retailers.

Website: www.transitchicago.com/fares/

SOUTH SHORE LINE (SSL)

Commuter rail line connecting South Bend, IN to Chicago

Fare: \$8/day for a 10-day ticket, with potential savings up to 40% through transit benefit programs.

Website: www.mysouthshoreline.com/tickets/commuter-fares/

PACE ON DEMAND

Reservation-based, shared-ride service in designated areas.

Fare: \$2.00 per ride using Ventra; \$2.25 cash fare.

Reservations can be made up to 7 days in advance or as little as 10 minutes prior to pick-up.

Website: www.pacebus.com/on-demand/

UBER HEALTH

Non-emergency medical transportation for patients.

Coordinated through healthcare providers; no app required for patients.

Cost varies; average UberX fare in Calumet City is approximately \$18.

Website: www.uberhealth.com/us/en/d/nemt/calumet-city-il-us/

PERSONAL IDENTIFICATION

CALUMET CITY RESOURCE CENTER

768 Lincoln Ave, Calumet City, IL 60409

Provides a range of support services and resources to local residents.

Phone: (708) 891-9330

Website: www.calumetcity.fshac.com

CALUMET PROGRAMS AND SERVICES

Offers various community programs and services.

Intake and Referral: (773) 371-3642

Website: www.metrofamily.org

CALUMET CITY POLICE DEPARTMENT

1200 Pulaski Rd, Calumet City, IL 60409

Provides ink fingerprinting services.

Phone: (708) 868-2500

Hours: Monday – Friday: 10:00 a.m. – 4:00 p.m.

Website: www.applicantservices.com

CALUMET TOWNSHIP DMV

284 Calumet Township, IL

Offers services such as address changes, driver's licenses, instruction permits, REAL ID, TVDL, and license plates.

Website: www.ilsos.gov

CITY HALL

CALUMET CITY HALL

204 Pulaski Rd, Calumet City, IL 60409

Central hub for municipal services and government operations.

Phone: (708) 891-8100

Website: www.calumetcity.org

SENIOR CENTERS

THORNTON TOWNSHIP SENIOR CENTER

1420 Huntington Dr, Calumet City, IL 60409

Offers a variety of programs and services for seniors.

Phone: (708) 596-6040 Ext. 3190

Website: www.seniorsbluebook.com

JOSEPHINE P. ARGENTO SENIOR CENTER

1700 Memorial Dr, Calumet City, IL 60409

Provides midday meals and various activities for seniors.

Phone: (708) 832-1208

Website: www.seniorsbluebook.com

SENIOR CLUB AND ORGANIZATIONS

CALUMET CITY LIONS CLUB

Community service organization involved in various local initiatives.

Phone: (708) 891-8106

Website: www.calumetcity.org

THORNTON TOWNSHIP SENIOR SERVICES

333 East 162nd Street, South Holland, IL

Hosts a variety of weekly and monthly events for seniors.

Phone: (708) 596-6040 Ext. 3170

Website: www.thorntontownship.com

VOLUNTEER OPPORTUNITIES

CALUMET CITY PUBLIC LIBRARY

Welcomes teen volunteers for community service hours.

Phone: (708) 891-8200

Website: www.calumetcitypl.org

UCHICAGO MEDICINE INGALLS MEMORIAL

Offers various volunteer opportunities across multiple locations.

Phone: (708) 915-6000

Website: www.ingallsfoundation.org

AARP ILLINOIS

Provides opportunities to volunteer at community events and support legislative efforts.

Website: www.aarp.org

EDUCATION OPPORTUNITIES

SOUTH SUBURBAN COLLEGE - ADULT EDUCATION (NON-CREDIT)

Locations: SSC Main Campus (South Holland), Oak Forest Center, Thornton Township Center in Riverdale. Free classes for High School Equivalency (GED/HSE), ESL, adult basic education.

Phone: (708) 596-2000, ext. 2240 (Adult Education office)

Website: www.ssc.edu/non-credit-offerings/adult-education-programs/

CALUMET CITY PUBLIC LIBRARY - GED / HSE CLASSES

Hosts GED / High School Equivalency classes in partnership with South Suburban College. Registration for fall classes is free.

Phone: (708) 862-6220

Website: www.calumetcitypl.org/events/category/adult-program/

PRAIRIE STATE COLLEGE - ADULT EDUCATION & LITERACY

Free adult basic education, GED/HSE prep, ESL, tutoring in math, reading, writing.

Website: www.prairiestate.edu/community/adult-education/index.aspx/

CITY COLLEGES OF CHICAGO - ADULT EDUCATION (ESL, GED/HISET)

Free classes for English as a Second Language and High School Equivalency (GED/HiSET) at various CCC campuses.

Website: www.ccc.edu/site/adult-education/

OLIVE-HARVEY COLLEGE / SOUTH CHICAGO LEARNING CENTER

Adult education including ESL, GED prep, citizenship, computer literacy, etc.

SOUTH SUBURBAN COLLEGE - ADULT VOLUNTEER LITERACY TUTORING PROGRAM

Free one-on-one tutoring in reading, writing, math for adult learners. Tutor training provided; tutoring sites include Calumet City Public Library, Lansing Public Library, etc.

Website: www.ssc.edu/adult-literacy-at-south-suburban-college-free-learning-opportunities-are-available-and-volunteer-tutors-are-needed/

ACORN PUBLIC LIBRARY (OAK FOREST) - RESEARCH & LEARNING TOOLS

Offers resources for GED students, job seekers, and learning tools.

Website: www.acornlibrary.org/social-services/

MATTESON AREA PUBLIC LIBRARY DISTRICT - LEARNING / TECH HELP PROGRAMS

Provides tutorials, computer literacy, career help, and learning support for adults.

Website: www.mapld.org/learning/

CAREGIVER EDUCATION & CASE MANAGEMENT

CARE PARTNERS OF COOK COUNTY

Monthly support group "Connecting Caregivers"; Powerful Tools for Caregivers (six-week class series); classes and workshops in partnership with Alzheimer's Association; Memory Café gatherings; care coordination and case management. Based in Cook County. Good for caregivers needing emotional support, training, and help navigating services. Website: www.carepartnersofcookcounty.org/supporting-caregivers/

CATHOLIC CHARITIES OF THE ARCHDIOCESE OF CHICAGO – SUPPORTIVE SERVICES

Case Management for seniors, Care Coordination, Supportive Services: assessments, home-delivered meals, in-home services, benefits assistance, caregiver support groups, etc. They serve in South Suburban and other parts of Cook County including Calumet, Thornton, etc. Useful for seniors aging in place.

Website: www.catholiccharities.net/senior-care/

PATHLIGHTS

Supports older adults & adults with disabilities to remain in their homes; provides caregiver education, referral, emotional support. Based in Southwest Suburban Cook County.

Phone: (708) 361-0219

www.pathlights.org

AGEOPTIONS / CAREGIVER RESOURCE CENTERS

Offers caregiver support groups; educational workshops; training; resources to find respite; case management assistance. For suburban Cook County caregivers.

Phone: (708) 383-0258

[Website: www.ageoptions.org](http://www.ageoptions.org)

METROPOLITAN FAMILY SERVICES – SENIOR SERVICES

Senior counseling, case management and linkage to community resources; help for seniors with home maintenance, in-home safety, etc. In Chicago and surrounding; has centers including for older caregivers and homeowners.

Website: www.metrofamily.org/programs-and-services/emotional-wellness/senior-services/

SENIOR RESOURCE CENTER – COMMUNITY CARE PROGRAM

Comprehensive case management: home visits, assessment, help with daily tasks; helping older adults stay in their homes instead of entering nursing homes. Serves older adults (60+) with physical and financial eligibility. Useful if you need in-home support.

Website: www.seniorresourcecenter.net

OPTIMUM SENIOR CARE

Provides in-home services: personal care, dementia care, companionship, meal prep, medication reminders, light housekeeping, etc. While not full case management, helpful support. Serves Calumet City area. Can be a good adjunct to case management services. Website: www.optimumseniorcare.com

EMERGENCY ALERT SYSTEMS

EMERGENCY HOME RESPONSE SERVICE (EHRS) (ILLINOIS DEPT. ON AGING)

24-hour communication device (button/pull-cord) to link older adults to a staffed support center. Optional fall detection / GPS. Must qualify for the Community Care Program.

Phone: (800) 252-8966

Website: ilaging.illinois.gov/programs/ehrs.html

ILLINOIS MEDICAL ALERT SYSTEMS – PRIME MEDICAL ALERT

Medical alert devices (bracelet, necklace, mobile PERS) with 24/7 assistance in emergencies. Covers state-wide Illinois.

Website: www.primemedicalalert.com/states/illinois-medical-alert-systems/

ASSISTING HANDS – HELP ALERT WATCH

Personal Emergency Response System (PERS) with wearable device + 24-hour response team in case of falls or accidents. Based in Illinois (e.g. Schaumburg area, may offer service around suburbs)

Website: assistinghands.com/46/illinois/schaumburg/

ESCORT / TRANSPORTATION / COMPANION SERVICES

CALUMET TOWNSHIP – FREE RIDES FOR SENIORS & DISABLED

Transportation rides for seniors & disabled within and around Calumet Township.

Phone: (708) 388-6606 to schedule a ride

Website: www.calumettownshipil.com/services/

OPTIMUM SENIOR CARE

In-home caregivers who may assist with errands and transportation to appointments.
(Companionship + errands)

Phone: (847) 483-8800

Website: www.optimumseniorcarechicago.com

EXERCISE PROGRAMS FOR FRAIL AND DISABLED ELTERS

THORNTON TOWNSHIP SENIOR CENTER – CALUMET CITY

1420 Huntington Drive, Calumet City

Offers exercise classes/groups for seniors (often chair exercises, etc.) for senior residents.

Phone: (708) 596-6040 ext. 3170

Website: search.211illinois.org/search/a0b54f19-16af-5c57-b257-a38d16b31aa0

CALUMET TOWNSHIP SENIOR SERVICES

Chair exercise classes plus other senior-oriented wellness activities.

Hours: Monday, Tuesday, Thursday at 9:30 a.m.

Phone: (708) 388-6606

Website: www.calumettownshipil.com/services/

WEST SUBURBAN MEDICAL CENTER – SENIOR CENTER PROGRAM

Free exercise classes: building balance, Tai Chi, yoga; wellness programs for older adults.

Oak Park area – may require travel

Website: www.westsuburbanmc.com/our-services/senior-health/senior-center/

COOK COUNTY – CNSSA COMMUNITY CAFÉS

Many Senior cafés offer in-house fitness programs: Zumba Gold, Chair Aerobics, Line

Dancing etc. Contact site manager of nearby community café to see schedule.

Website: www.mowfni.org

CHICAGO FITNESS PLUS PROGRAM

Group exercise (strength, balance, flexibility) especially for seniors, with certified senior-fitness staff. Available in senior centers / satellite centers in Chicago. Check DFSS/Chicago senior services.

Website: www.chicago.gov/city/en/depts/fss/supp_info/chicago_fitness_plusregionalcenterfitnessprogramming0.html

RESPITE AND ADULT DAY CARE

CLEARBROOK

Group Respite, In-Home Respite, Voucher Respite - Cook, DuPage, McHenry counties
Phone: Michelle Bosco; (847) 385-5335
Website: www.clearbrook.org/respite/

COMMUNITY SUPPORT SERVICES (CSS)

In-Home / Residential Respite, Group, Voucher Respite - Cook, DuPage counties
Phone: (708) 354-4547
Website: www.cssservices.org

ENVISION UNLIMITED

In-Home and Group Respite - Chicago, Suburban Cook County & much of Central Illinois
Phone: (773) 899-6177
Website: www.envisionunlimited.org

GOOD SHEPHERD CENTER

In-Home Respite - South Suburban Cook County, Northern Will
Phone: (708) 985-3722
Website: gscenter.org/programs/respite-services/

TRINITY SERVICES

In-Home and Residential Respite - Will, Grundy, Cook, and St. Clair counties
Phone: Dawn Knights; 815-485-8146
Website: www.trinityservices.org

FAMILY HOME HEALTH SERVICES, INC.

In-Home Assistance / Respite (Home-based care / Palliative care)
Cook County and other counties in IL
Phone: (866) 320-3300
www.search.211dupage.gov

ILLINOIS RESPITE COALITION

Voucher / Emergency Respite Funding and Referrals, Statewide (Illinois)
Phone: 866-455-7377
Website: www.illinoisrespitecoalition.org/respite-programs.html

SUPPORT GROUPS

FAMILY AND CAREGIVER RESOURCE CENTERS (IL DEPT ON AGING)

Support Groups, Counseling, Respite & caregiving education - Cook County and statewide Illinois

Phone: (800) 252-8966

Website: www.ilaging.illinois.gov/programs/caregiver/crc.html

CATHOLIC CHARITIES OF THE ARCHDIOCESE OF CHICAGO – SUPPORTIVE SERVICES

Cook County including Calumet, Thornton

Caregiver Support, Education, Support Groups, Memory Cafés, Case Management

Serves seniors and caregivers

Phone: (708) 596-2222

Website: www.catholiccharities.net

METROFAMILY SERVICES – SENIOR SERVICES

Calumet, Bloom, Thornton Townships - Metropolitan Family Services, Calumet Center

Senior Counseling; Support Groups; Case Management; Emotional Wellness; Family

Caregiver Support

Phone: (773) 371-3600

Website: www.metrofamily.org/programs-and-services/emotional-wellness/senior-services/

BEREAVEMENT SUPPORT

HOSPICE OF THE CALUMET AREA

600 Superior Ave, Munster, IN

“Healing Hearts” programs (Kids, Teens, Adults) grief support groups

Phone: (219) 922-2732

Website: www.hospicecalumet.org/grief-support

BARK.COM

Bereavement Counselors Directory to find bereavement counselors in Calumet City.

Website: www.bark.com/en/us/bereavement-counselling/illinois/calumet-city/

CAREGIVER SUPPORT GROUPS

CARE PARTNERS OF COOK COUNTY

Connecting Caregivers - A monthly drop-in group for people who are caring for an older friend or family member. Also Powerful Tools for Caregivers, Memory Cafés, caregiver education workshops. No preregistration required.

Hours: Meets first Wednesday of each month at 1:00 p.m. at The Hub.

Website: www.boreal.org/2025/08/08/542102/care-partners-of-cook-county-launches-new-monthly-support-group-for-caregivers

CARING TOGETHER, LIVING BETTER (CTLB) — AGEOPTIONS

Offers support groups (along with wellness workshops, "Caregiver Cafés", etc.) for low-income family caregivers in south/west suburbs of Chicago. Services may be in-person or virtual/hybrid, contact for schedules.

Phone: (708) 383-0258

Website: www.ageoptions.org/resources/caring-together-living-better-ctlb/

GILDA'S CLUB CHICAGO

Weekly and monthly virtual caregiver support groups for caregivers of people with cancer.

Provides a space to share, learn, and connect. Registration required via their calendar; must reside in Illinois.

Website: www.gildasclubchicago.org/programs/detail/caregiver-support-groups/

ALZHEIMER'S ASSOCIATION – ILLINOIS CHAPTER

Caregiver support groups for those caring for someone with Alzheimer's/dementia (including early-stage groups). Offers both telephone and in-person groups.

Call local chapter to find group closest to you.

Website: www.alz.org/illinois/

AGING CARE CONNECTIONS

Monthly support groups for caregivers of older persons; also for those caring for someone with Alzheimer's / related dementia.

Meetings are usually in person; some hybrid or via Zoom available.

Website: www.agingcareconnections.org/caregiver-services/

SOLUTIONS FOR CARE – CAREGIVER RESOURCE CENTER (BERWYN/CICERO)

Offers a Caregiver Support Group to share experiences, learn strategies, and get peer support.

Meetings: Every second Friday, 11:00 a.m. - 12:00 p.m.

Website: solutionsforcare.org/what-we-do/caregiver-resource-center.html

END OF LIFE SERVICES, ADVANCED DIRECTIVES, DNR/POLST

ILLINOIS DEPARTMENT OF PUBLIC HEALTH (IDPH)

Offers standard forms for Living Will, Health Care Power of Attorney, Mental Health Treatment, POLST, uniform Do-Not-Resuscitate (DNR) orders. Forms and guidance: IDPH website "Statement of Illinois Law on Advance Directives and DNR Orders" Website: www.dph.illinois.gov/topics-services/health-care-regulation/nursing-homes/advance-directives

ILLINOIS STATE MEDICAL SOCIETY (ISMS) - "A PERSONAL DECISION"

A booklet with advance directive resources: Living Will, Health Care POA, etc., including POLST / DNR.
Website: www.isms.org

SHIRLEY RYAN ABILITYLAB

Provides downloadable advance directives / POLST / DNR forms and guidance in Illinois.
Website: www.sralab.org/lifecenter/resources/listing-advance-directives-forms-health-choices-idhp-and-polst

HOSPICE PROVIDERS

VITAL CARE HOSPICE LLC

1400 Torrence Ave Suite 205, Calumet City, IL
Medicare certified hospice; provides hospice and palliative services.
Phone: (773) 232-7200
Website: www.ourhealthnetwork.com/hospice/vital-care-hospice-llc-calumet-city-il-141723

HOSPICE OF THE CALUMET AREA, INC.

Lansing, IL & Munster, IN (serving IL Cook, Will county and neighboring IN counties)
Provides hospice and palliative care; bereavement programs; serves home and community settings.
Phone: (708) 895-8332
Website: www.allianceforcareathome.org

FUNERAL SERVICES

WHEATLEY FUNERAL HOME

400 Pulaski Road, Calumet City, IL 60409
Phone: (708) 360-3880
Website: www.wheatleyfuneralhome.com

CASTLE HILL FUNERAL HOME, LLC

248 155th Pl, Calumet City, IL 60409
Phone: (708) 862-4480
Website: www.castlehillfuneralhome.com/calumet-city

CLAYBROOKS MEMORIAL CHAPEL, INC.

Calumet City, IL
Website: www.claybrooksmemorialchapel.com

HENNESSY-NOWAK FUNERAL HOME

Calumet City, IL - Listed on legacy / funeral directories
Website: www.legacy.com/funeral-homes/illinois/calumet-city/hennessy-nowak-funeral-home/fh-42539

HOLY CROSS CEMETERY & MAUSOLEUM

801 Michigan City Rd, Calumet City, IL
Phone: (708) 862-5398
Website: www.catholiccemeterieschicago.org/locations/holy-cross/

CAGE MEMORIAL CHAPEL & CREMATION SERVICE

Serving Calumet City area
Listed in funeral directories for Calumet City
Website: www.parting.com/funeral-home/IL/calumet-city/

FUNERALES Y CREMATORIOS LA SAGRADA FAMILIA

Serving Calumet City area
Offers funeral and cremation services
Website: www.parting.com/funeral-home/IL/calumet-city/

ORGAN/TISSUE/BODY DONATION

ILLINOIS ORGAN/TISSUE DONOR REGISTRY

You may join the First-Person Consent Organ/Tissue Registry in Illinois. Once registered, your donor wishes are legally binding; family consent is not required.
Phone: (800) 210-2106 (or visit your local Illinois Secretary of State office to register)
Website: apps.ilsos.gov/organdonorregister/

GIFT OF HOPE (IL & NW INDIANA)

Coordinates organ and tissue donation, provides education and donor family support, and works with hospitals and funeral homes.
Website: www.giftofhope.org

GIFT OF HOPE – FUNERAL SERVICE PROFESSIONALS PROGRAM

Works directly with funeral service providers to integrate organ and tissue donation education and protocols into funeral processes. Funeral homes can partner/receive resources for donation process.
Website: www.giftofhope.org

CHORE/HOMEMAKER SERVICES

HANDS OF WELLNESS HOME HEALTH CARE

Provides homemaker services including light household tasks, personal care assistance, medication reminders, home safety, etc.
Website: www.handsofwellnesshomehealth.com/patients-caregivers

COMMUNITY CARE PROGRAM (ILLINOIS DEPT. ON AGING)

“In-Home Service” helps with housekeeping, laundry, meals, errands, etc.

Website: www.ilaging.illinois.gov/programs/homemaker.html

CATHOLIC CHARITIES OF THE ARCHDIOCESE OF CHICAGO

Offers homemaker services and chore/housekeeping to help seniors remain at home.
Website: www.catholiccharities.net/senior-care/care-coordination/

HOME CARE/HOME HEALTH AGENCIES

HANDS OF WELLNESS, INC.

Skilled home health services: nursing, physical therapy, occupational therapy, speech therapy, medical social work, home health aide services.

Website: www.healthcare4ppl.com/home-health/illinois/calumet-city/hands-of-wellness-inc-148041.html

TSN HOME HEALTH LLC

Medicare-certified home health agency providing services in the Calumet City area.

Website: www.healthcare4ppl.com/home-health/illinois/calumet-city/tsn-home-health-llc-148395.html

PLATINUM HOME HEALTH CARE

Provides in-home care including daily living assistance, speech therapy, occupational and physical therapy, etc.

Website: platinumhh.com/areas-we-serve/calumet-city/

DAYSPRING HEALTHCARE SERVICES, INC.

Home health agency offering nursing, therapy, home health aide.

Website: www.healthcare4ppl.com/home-health/illinois/lansing/dayspring-healthcare-services-inc-148340.html

PROFESSIONAL HOME CARE ADVANTA

Certified home health / home care agency providing home health, personal home care assistance etc.

Website: www.healthcare6.com/home-health/calumet-city-il/professional-home-care-advanta-3577.html

PERSONAL CARE

OPTIMUM SENIOR CARE

Personal care services: bathing, dressing, toileting, live-in or hourly care, Alzheimer's and Dementia care

Website: www.optimumseniorcare.com

BRIGHTSTAR HOME CARE (PULLMAN / CALUMET CITY)

Personal care services: feeding, hygiene, mobility, grooming, Dementia and memory loss
Website: www.brightstarcare.com/locations/pullman-calumet-city/services/in-home-care/personal-care/

HANDS OF WELLNESS, INC.

Home health aide / personal care services, homemaker etc.

Website: www.handsofwellnesshomehealth.com/service

HOME MODIFICATION

REBUILDING TOGETHER — “SAFE AT HOME” PROGRAM

Provides no-cost preventive home modifications (e.g. grab bars, handrails, ramps, better lighting) to reduce falls and improve accessibility in the home. Useful for seniors or mobility-impaired persons; check for the local affiliate in your area.

Website: www.rebuildingtogether.org/safe-at-home

CHICAGO HOMEMOD PROGRAM (MOPD)

Modifications for Chicago residents with disabilities or aging in place (ramps, widening doorways, assistive features) May have eligibility and geographic limits.

Website: www.chicago.gov/city/en/depts/mopd/provdrs/hous/svcs/accessible_home_modificationprogram-ages0-5911.html

SMALL ACCESSIBLE REPAIRS FOR SENIORS (SARFS)

Provides limited home repairs/modifications (e.g. enabling devices) to income-qualified seniors in Chicago. Requires age / income eligibility; tenants must get landlord permission where applicable.

Website: www.sharenetworkchicago.org/resources/home-modifications-repair

NORTH WEST HOUSING PARTNERSHIP — OLDER ADULT HOME MODIFICATION PROGRAM (OAHMP)

Free home modifications (grab bars, ramps, etc.) for qualifying seniors in suburban Cook County. Check whether your city or suburb is included in their service area.

Website: patch.com/illinois/palatine/seniors-can-age-place-their-homes-through-empowering-program

HOME MODIFICATION CONTRACTORS & VENDORS DIRECTORY

Listing of regional contractors and vendors, and information on funding sources for remodeling for accessibility. Use directories to find providers in your area who are experienced with aging-in-place modifications.

Website: www.sralab.org/lifecenter/resources/listing-home-modification-contractors-vendors-and-funding

FALL PREVENTION TIPS (FOR ELDERS & CAREGIVERS)

- Install grab bars in bathrooms, near toilets, showers.
- Add handrails on stairs, both inside and outside.
- Improve lighting in all rooms, hallways, stairwells (especially night lights).
- Remove tripping hazards: loose rugs, clutter, cords, uneven thresholds.
- Use non-slip mats in tubs / showers.
- Wear shoes with good traction, avoid slippers with slick soles.
- Use assistive devices (walkers, canes) as prescribed by physical therapist.
- Review medications with a medical provider — some meds can cause dizziness / falls.
- Do balance and strength exercises as tolerated (see "Health & Safety Education" below).
- Schedule periodic safety assessments of the home (fire, fall hazards) — e.g. the Chicago Seniors at Risk Assessment (for Chicago) offers free home assessments. www.sharenetworkchicago.org

HEALTH CARE AND SAFETY EDUCATION

CHICAGO MITZVAH CAMPAIGN — FALL PREVENTION PROGRAM

They provide in-home fall prevention equipment (bed rails, handrails) to eligible seniors.

Website: www.chicagomitzvahcampaign.org/in-home-patient-services/fall-prevention-program/

SHARE NETWORK / H.O.M.E. — UPKEEP & REPAIR

Offers minor repairs and modifications and may provide safety education to seniors to maintain a safer home.

Website: www.sharenetworkchicago.org

ILLINOIS HOMEMODS / HOME MODIFICATION INFORMATION RESOURCE

Provides fact sheets, educational materials, videos for consumers and professionals on home adaptation and safety.

Website: www.homemods.org/directory-state/il/

COOK COUNTY DEPARTMENT OF PUBLIC HEALTH (CCDPH)

Offers health education, prevention resources, and community wellness programming.

Website: www.cookcountypublichealth.org

211 ILLINOIS (INFORMATION & REFERRAL HELPLINE)

This is not exactly "education" but a service that connects people to health, safety, social service programs, including educational programs.

Website: www.dhs.state.il.us/page.aspx?item=41915

HEALTH CARE & INFORMATION SERVICES

211 (ILLINOIS / U.S.)

A free, 24/7 helpline connecting callers to human services: health care, counseling, transportation, food, etc.

Phone: Dial 211 on your phone (or access online).

Website: www.dhs.state.il.us/page.aspx?item=41915

ILLINOIS CARE CONNECTIONS (ICC)

Provides assistive technology and devices (non-medical) to older adults to improve functioning / independence. Referral required via provider (Area Agency on Aging, Home Care, Adult Protective Services, etc.)

Website: www.ilaging.illinois.gov/forprofessionals/referrals-to-il-care-connections.html

MOPD – INFORMATION & REFERRAL

Helps identify and connect people with disabilities to community resources, services, and supports. Useful if someone has a disability and needs referrals to services.

Website: www.chicago.gov/city/en/depts/mopd/supp_info/Mopd-Information-and-Referral-Services.html

COOK COUNTY DEPARTMENT OF PUBLIC HEALTH (CCDPH)

Offers health data, outreach, links to clinics, preventive services, public health programs.

Visit CCDPH website or contact local health department offices.

Website: www.cookcountypublichealth.org/

LOCAL DHS / DHS OFFICE LOCATOR (ILLINOIS DHS / IDHS)

Helps find local offices that deal with health, human services, benefits, referral to services.

Use the IL DHS office locator tool online using your ZIP code / county.

Website: www.dhs.state.il.us/page.aspx?module=12

HOSPITAL DISCHARGE INFORMATION

ILLINOIS DEPARTMENT ON AGING — HOSPITAL DISCHARGE PLANNING

Offers resources to help caregivers manage transitions when a loved one is discharged from hospital to home or another care setting.

Website: www.ilaging.illinois.gov/programs/caregiver/hospital-discharge-planning.html

UCHICAGO MEDICINE - "PLANNING FOR YOUR HOSPITAL DISCHARGE"

Outlines how patients, family, and care teams prepare for safe transitions back home or to post-acute care.

Website: www.uchicagomedicine.org/patients-visitors/patient-information/preparing-for-your-hospital-stay/planning-for-your-hospital-discharge

THOREK MEMORIAL HOSPITAL - DISCHARGE PLANNING DEPARTMENT

Supports patients and families with continuity of care, arranging resources and referrals post-discharge.

Website: www.thorek.org

ADVOCATE SOUTH SUBURBAN HOSPITAL — RELEASE OF INFORMATION / MEDICAL RECORDS

Their hospital site has a "Request Medical Records" process, which is relevant to transitions and care continuity.

Website: www.advocatehealth.com/ssub/patients-visitors/hospital-information/request-medical-records

COOK COUNTY HEALTH SYSTEM

Medical Records / Health System Records

You can request existing medical records from Cook County Health facilities, which is often necessary as part of discharge and follow-up care.

Website: www.cookcountyil.gov/service/medical-records

MEDICAL CLINICS

UCHICAGO MEDICINE AT INGALLS – CALUMET CITY

1600 Torrence Ave, Calumet City

Primary care, specialties, urgent aid, labs and imaging, etc.

Website: www.uchicagomedicine.org/find-a-location/uchicago-medicine-primary-care-at-ingalls-calumet-city

MEDICARE & MEDICAID RESOURCES

ILLINOIS DEPARTMENT ON AGING

The discharge planning page references that Durable Medical Equipment (DME) may be covered under Medicare or Medicaid, and mentions referral programs (like Illinois Care Connections) for assistive technology.

Website: www.ilaging.illinois.gov/programs/caregiver/hospital-discharge-planning.html

ADVOCATE HEALTH AT HOME — HOME MEDICAL EQUIPMENT / DME SERVICES

Offers beds, wheelchairs, ambulatory aids, and more under home medical equipment (often billed through Medicare / insurance).

Website: www.advocatehealth.com/health-services/advocate-health-at-home/respiratory-therapy-home-medical-equipment/home-medical-equipment

MEDICARE / MEDICAID OFFICES / STATE PROGRAMS

Check with the Illinois Medicaid office, your Medicare Advantage plan (if any), or the Social Security / Medicare facilities in your ZIP code for eligibility, applications, appeals, etc.

MEDICAL EQUIPMENT AND SUPPLIES

DIVINE MEDICAL SUPPLY / DIVINE MEDICAL EQUIPMENT SUPPLY CO.

1461 Ring Road, Calumet City, IL 60409

Stock wheelchairs, walkers, bathroom safety, bed rails, incontinence supplies, etc.

Website: www.divinemedsupplyil.com

VICTORY MEDICAL EQUIPMENT - SOUTH HOLLAND, IL

Provides mobility aids, wheelchairs, and other medical equipment in the South Holland area, which is nearby.

Website: www.victorymedicalequip.com

ADVOCATE HEALTH AT HOME – HOME MEDICAL EQUIPMENT

Provides delivery, setup, and training for medical equipment: beds, cushions, commodes

Website: www.advocatehealth.com/health-services/advocate-health-at-home/respiratory-therapy-home-medical-equipment/home-medical-equipment

MEMORIAL HOME MEDICAL SUPPLY

Licensed, Medicare-certified provider of home medical equipment and supplies.

Website: www.memorial.health/medical-services/memorial-home-care/medical-home-supply/

OSF HOME MEDICAL EQUIPMENT & SUPPLIES

Though OSF is not local to Calumet City, they offer medical equipment services across Illinois (e.g. CPAP, oxygen, mobility aids) and may provide models to reference.

Website: www.osfhealthcare.org/services/specialties/home-care/home-medical-equipment

MENTAL HEALTH CARE AND COUNSELING

MID-AMERICA PSYCHOLOGICAL & COUNSELING SERVICES

1600 Torrence Ave, Calumet City, IL 60409

Offers psychological and counseling services.

Phone: (708) 895-4427

Website: www.midapsychologicalcounseling.com

UCHICAGO MEDICINE INGALLS BEHAVIORAL HEALTH SERVICES

1600 Torrence Ave, Calumet City, IL 60409

Provides comprehensive therapeutic behavioral and mental health treatment.

Phone: (708) 730-1300

Website: www.uchicagomedicine.org/landing-pages/behavioral-and-mental-health-services-in-the-south-suburbs

CALUMET CENTER - CALUMET CITY, IL

Offers counseling and mental health services for children, adults, seniors, and families.

Website: www.metrofamily.org/community_center/calumet/

THRIVEWORKS COUNSELING

Provides therapy and counseling services in Calumet City.

Website: www.thriveworks.com/therapists/il/calumet-city

STATE & LOCAL PROGRAMS

ILLINOIS DEPARTMENT ON AGING - PRESCRIPTION DRUG ASSISTANCE

Offers information on Medicare Prescription Drug Coverage and patient assistance programs.

Website: www.ilaging.illinois.gov/resources/prescriptiondrugassistance.html

ILLINOIS RX CARD

A free prescription assistance program for uninsured and underinsured residents.

Website: www.rxresource.org/free-plans/illinois.html

AIDS DRUG ASSISTANCE PROGRAM (ADAP)

Provides prescription drug assistance for individuals diagnosed with HIV or AIDS.

Phone: (800) 825-3518

Website: www.hfs.illinois.gov/medicalclients/health/prescriptions.html

UCHICAGO MEDICINE PHARMACY SERVICES

1551 Huntington Dr Ste B, Calumet City, IL 60409

Offers prescription services in Calumet City.

Phone: (773) 834-7002

Website: www.uchicagomedicine.org/find-a-location/uchicago-medicine-primary-care-at-ingalls-calumet-city

PUBLIC HEALTH NURSING SERVICES

NURSING SERVICES

7556 Jackson Blvd, Forest Park, IL 60130

Provides public health nursing services, including breast and cervical cancer referrals, vision and hearing screenings, and tuberculosis prevention and control.

Phone: (708) 836-8600

EMPLOYMENT AND TRAINING PROGRAMS

NURSING SERVICES

Illinois WorkNet – WIOA Approved Training Programs

Search for training programs and providers approved under the Workforce Innovation and Opportunity Act.

Website: www.illinoisworknet.com/wioatrainingsearch

OPPORTUNITY WORKS INTERNSHIP PROGRAM (OAI INC.)

Offers job readiness boot camps followed by paid internships for young adults in manufacturing and healthcare sectors.

Website: www.oaiinc.org/training-and-education

CALUMET AREA INDUSTRIAL COMMISSION (CAIC) – WORKFORCE DEVELOPMENT

Provides on-the-job training reimbursement, free incumbent worker training, and apprenticeship development.

Website: www.calumetareaindustrial.com/workforcedevelopment

EMPLOYMENT & EMPLOYER SERVICES, INC. (E&ES)

Offers employment services for adults seeking employment or career changes.

Website: www.findhelp.org/employment-%26-employer-services%2C-inc.-%

CALUMET CITY PUBLIC LIBRARY – JOB RESOURCES

Provides resume assistance, live interview preparation, career coaching, and more through JobNow from Brainfuse.

Website: www.calumetcitypl.org/job-resources

INCOME SECURITY- CONSUMER PROTECTION AND ASSISTANCE

ILLINOIS ATTORNEY GENERAL – CONSUMER PROTECTION DIVISION

Protects Illinois consumers from fraud, deception, and unfair business practices.

Consumer Fraud Hotline: (800) 243-0618

Website: www.illinoisattorneygeneral.gov/consumer-protection

ILLINOIS DEPARTMENT OF INSURANCE – CONSUMER ASSISTANCE

Offers help with insurance questions or complaints.

Consumer Assistance Hotline: (866) 445-5364

Website: www.idoi.illinois.gov/consumers.html

ILLINOIS STATE POLICE – SCAM & FRAUD RESOURCES

Provides information on various scams and fraud prevention.

Website: www.isp.illinois.gov/ScamFraud

FINDLAW – CONSUMER PROTECTION LAWYERS IN CALUMET CITY

Directory of experienced consumer protection lawyers in the area.

Website: www.findlaw.com/lawyer/firm/consumer-protection/calumet-city/illinois

FINANCIAL FRAUD, EXPLOITATION & SCAMS

ILLINOIS STATE POLICE – PROTECTING YOURSELF FROM CON GAMES AND FINANCIAL EXPLOITATION

Offers guidelines to avoid scams and frauds, especially targeting seniors.

Website: www.isp.illinois.gov/StaticFiles/docs/ScamFraud/5-617.pdf

INJUSTICE WATCH – ELDER FINANCIAL ABUSE IN ILLINOIS

Investigates the rise of elder financial abuse and exploitation in the state.

Website: www.injusticewatch.org/project/exploited-elders/2023/elder-financial-abuse-illinois-investigation/

ILLINOIS ATTORNEY GENERAL – FILE A COMPLAINT

Allows consumers to file complaints regarding various issues, including financial fraud.

Website: www.illinoisattorneygeneral.gov/File-A-Complaint/

FINDLAW – SECURITIES FRAUD LAWYERS IN CALUMET CITY

Directory of lawyers specializing in securities fraud cases.

Website: www.findlaw.com/securities-fraud/illinois/calumet-city/

MONEY AND DEBT MANAGEMENT

CONSUMER CREDIT COUNSELING SERVICE OF GREATER CHICAGO (CCCS)

Budget counseling, debt management plans, financial education, and foreclosure prevention counseling.

Website: www.cccs.org

JEWISH UNITED FUND / JVS – FINANCIAL WELLNESS PROGRAM

Offers financial coaching, debt counseling, and assistance with budgeting, credit repair, and emergency funds.

Website: www.jvs.org

CATHOLIC CHARITIES FINANCIAL STABILITY PROGRAM

Provides financial coaching, help with budgeting, debt management, and access to emergency financial assistance.

Website: www.catholiccharities.net

BETTER BUSINESS BUREAU (BBB) – SCAM & FRAUD RESOURCES

Offers guidance on debt relief scams, consumer complaints, and financial literacy tips.

Website: www.bbb.org

SOCIAL SECURITY AND SSI

SOCIAL SECURITY ADMINISTRATION (SSA)

Handles Social Security retirement, disability, and Supplemental Security Income (SSI) claims. Provides online applications and local office assistance.

Website: www.ssa.gov

IL DEPARTMENT ON AGING – BENEFITS ASSISTANCE

Helps seniors and adults with disabilities apply for SSA benefits, SSI, and Supplemental Nutrition Assistance Program (SNAP).

Website: www.ilaging.illinois.gov

NATIONAL COUNCIL ON AGING (NCOA) – BENEFITS CHECKUP

Free online tool to determine eligibility for Social Security, SSI, and other federal/state benefits

Website: www.ncoa.org

METROFAMILY SENIOR BENEFITS COUNSELING

Assists seniors and adults with disability to apply for SSA / SSI benefits, and explains eligibility.

South Suburban Cook County coverage

Phone: (773) 371-3600

Website: www.metrofamily.org

FINANCIAL HELP

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)

Description: Provides temporary financial assistance to pregnant women and families with one or more dependent children. Helps pay for food, shelter, utilities, and other expenses.

Eligibility: Must be pregnant or have a child under age 19 who lives with them. A child who is 18 must be a full-time high school student.

Contact: Illinois Department of Human Services (IDHS)

AID TO THE AGED, BLIND, OR DISABLED (AABD)

Provides cash assistance to individuals who are aged, blind, or disabled

Contact: IDHS Financial Assistance

EMERGENCY FINANCIAL ASSISTANCE

Offers assistance for rent, utilities, and transportation to individuals experiencing, or at risk of, homelessness or another serious emergency.

Contact: All Chicago

TEMPORARY FINANCIAL AID

HOMELESS PREVENTION PROGRAM

Provides rental/mortgage assistance, utility assistance, approved case management, and approved supportive services directly related to the prevention of homelessness.

Eligibility: Individuals and families who are in danger of eviction, foreclosure, homelessness or are currently homeless.

Contact: IDHS Homeless Prevention

ILLINOIS HOUSING HELP

Offers rental assistance, legal aid for eviction/foreclosure, utility help, and affordable housing search.

Contact: Illinois Housing Help

SALVATION ARMY EMERGENCY ASSISTANCE

Provides assistance with rent/mortgage, utilities, medicine, food, clothing, or transportation.

Contact: Salvation Army North Central Illinois

UTILITY ASSISTANCE

LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

Helps eligible low-income households pay for home energy services.

Household income must not exceed 60% of the state median income for eligibility

Contact: Illinois Department of Human Services - LIHEAP

CEDA UTILITY BILL ASSISTANCE

Offers assistance with heating, electricity, water, and furnace repairs for eligible households.

Contact: CEDA Utility Bill Assistance

HELP ILLINOIS FAMILIES (HIF)

A statewide initiative providing assistance for utility bills, including electric and gas services.

Contact: Help Illinois Families

AMEREN ILLINOIS ENERGY ASSISTANCE

Provides energy assistance programs for eligible households.

Contact: Ameren Illinois Energy Assistance

LEGAL AND ADVOCACY

LEGAL AID CHICAGO

Provides free legal assistance to low-income individuals in civil cases, including housing, employment, and family law.

Website: www.legalaidchicago.org

PRAIRIE STATE LEGAL SERVICES

Free civil legal services to residents of South Suburban Cook County.

Website: www.pslegal.org

ILLINOIS BAR ASSOCIATION – LAWYER REFERRAL SERVICE

Connects residents with qualified attorneys for a nominal fee consultation.

Website: www.ilbar.org

COOK COUNTY MEDIATION CENTER

Provides mediation services for civil disputes including landlord-tenant, neighbor disputes, and small claims.

Website: www.cookcountymediation.org

IMMIGRATION SERVICES

CATHOLIC CHARITIES OF THE ARCHDIOCESE OF CHICAGO – IMMIGRATION SERVICES

Offers legal support, visa and citizenship applications, refugee & asylum support.
Website: catholiccharities.net/immigration

ESPERANZA IMMIGRANT RIGHTS PROJECT

Legal aid, asylum and immigration representation, advocacy for immigrant communities.
Website: www.esperanzaproject.org

ILLINOIS COALITION FOR IMMIGRANT AND REFUGEE RIGHTS (ICIRR)

Policy advocacy, resources, and support for immigrant rights.
Website: www.icirr.org

ASIAN AMERICANS ADVANCING JUSTICE – CHICAGO

Immigration legal services and advocacy for Asian communities.
Website: www.advancingjustice-chicago.org

TAXES

VOLUNTEER INCOME TAX ASSISTANCE (VITA)

Free tax help for low-to-moderate income individuals, elderly, and limited English speakers.
Website: www.irs.gov/vita

AARP TAX-AIDE

Free tax preparation and filing assistance for seniors and low-income taxpayers.
Website: www.aarp.org/money/taxes/aarp_taxaide/

ILLINOIS DEPARTMENT OF REVENUE – TAXPAYER ASSISTANCE

Help with filing taxes, resolving tax issues, and obtaining refunds.
Website: www.illinois.gov/rev

SOUTH SUBURBAN COMMUNITY SERVICES – TAX PREP ASSISTANCE

Local assistance with tax filing for low-income residents.
Call local community centers in Calumet City / South Suburbs for availability.

