

SENIOR RESOURCES

MEALS:

DuPage County Home Delivered Meals (Meals on Wheels) for homebound seniors and those disabled 1/800 942-9412

Senior Dining Centers-sponsored by the DuPage Senior Citizens Council, 630/620-0804

SUPPORT GROUP:

60+ Women's Support Group- To give and receive emotional support led by a clinical social worker. Elmhurst City Hall 630/833-1353

HOME MAINTENANCE:

DuPage Senior Citizen Council - Provides free home repair assessment and reduced fee home repairs. Free spring and fall outdoor clean-up on chore days. Call 630/620-0804

TRANSPORTATION:

The Elmhurst Taxi Program for 65+, \$1.40 each way for the taxi---Pilot II program for travel in DuPage County--- Senior RTA reduced fare program---apply for all at the Administration Office Elmhurst City Hall 630/530-3015

York Township Senior Transportation

(living south of North Ave.) Register by phone 630/620-2424. Age 55+ and or disabled.

Addison Township Curb to Curb – 65+

(living north of North Ave.) 630/350-8161

RECREATION:

The Abbey Leisure Center in Elmhurst -programs & trips through the park district, 630/993-8193

I.C. Baby Boomers & Beyond- Social events at Immaculate Conception Church, Elmhurst 630/530-3497

Keenagers-Senior club at Grace Bible Church, Elmhurst 630/832-8416

"Viz" Seniors-Social group at Visitation Church, Elmhurst 630/834-6700

EDUCATION:

College of DuPage Older Adult Institute- Call 630/942-2208. Seminars and non credit classes, some local 630/617-3250

Elmhurst College-60+ - \$130/class/term for non-credit classes

RESPIRE CARE FOR SENIORS & THEIR FAMILIES:

Adult Christian Care for those who are frail or with dementia/Alzheimer's for full days or half days at Epiphany Lutheran Church, 314 W. Vallette 630/832-1788.

Respite Care Trained volunteers make a 3 hour weekly visit to a homebound senior to give the family caregiver an opportunity to leave the house. Call Jodi at Metropolitan Family Service 630/784 4875

MAIN INFORMATION CENTERS:

Elmhurst Office of Senior Services 630/833-1353

DuPage County Senior Citizen Services 800/942-9412

Northeastern Illinois Area Agency on Aging 630/293-5990 or 800/528-2000

Action Remote Emergency Phone Program (bracelet/necklace) through Elmhurst Memorial Home Health 630/758-7000

Telecare Receive a free daily wellness phone call from Elmhurst Hospital 630/833-1400 X44695

Illinois Department on Aging-Senior helpline, 800/252-8966

DuPage County Health Department-630/682-7400

Prairie State Legal Services-free legal services for senior citizens,630/690-2130