

# COMMUNITY RESOURCE GUIDE FOR OLDER ADULTS

## CHAMPAIGN COUNTY

**Produced by:**



**AGING SERVICES**  
OF CHAMPAIGN COUNTY

Last Updated: August 2024

## **A NOTE FROM OUR SPONSORS**

This resource guide was created by Aging Services of Champaign County, a local coalition of more than 200 community organizations with a shared mission to support older adults in our area. Aging Services includes both nonprofit and for-profit agencies.

The Resource Guide Sub-Committee was led and co-chaired by members of CRIS Healthy Aging and the University of Illinois Extension Program with the help of a fabulous team of committee members. We thank them for their time and efforts in this endeavor!



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

The following information is meant for educational purposes and is not meant as an endorsement of any particular institution over others, nor is it a comprehensive list of every available resource in Champaign County. Agencies were invited to participate through a survey sent to all members of Aging Services and their partners.

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## REFERRAL AND INFORMATION SERVICES

### Aging Referral Agencies

The following agencies provide education and referrals on a wide range of issues relevant to aging. This can include questions about food, transportation, health insurance, housing, in-home care, and more.

For the table below:

- **Benefit Access Application (BAA):** These agencies can complete an application to help qualifying seniors get a reduced rate license plate sticker for their vehicle.
- **General:** These agencies provide general Information and Referral Services.
- **Senior Information Services (SIS):** Family Service of Champaign County currently holds the SIS contract and is the designated Single Point of Entry for all aging related questions in Champaign.
- **Senior Health Insurance Program (SHIP):** These agencies have certified staff who can help you select the right Medicare Plan for you and your family.
- **Taxes:** These agencies offer free tax assistance for seniors in Champaign County
- **Other:** Additional aging services provided.

	BAA	General	SIS	SHIP	Taxes	Other
Alzheimer's Association 1 (800) 272-3900						Memory Care
ALS United (309) 696-7184						ALS Research and Education
Carle Community Wellness & Faith Community Health Services (217) 902-3160						Faith-Based Support
Champaign County 211 (217) 352-5151		X				
Champaign County DHS Family Community Resource Center (217) 278-5605		X				Childcare
Champaign County Health Care Consumers (CCHCC) (217) 352-6533				X		

	<b>BAA</b>	<b>General</b>	<b>SIS</b>	<b>SHIP</b>	<b>Taxes</b>	<b>Other</b>
Champaign County Regional Planning Commission (217) 328-3313, ext. 158	X	X		X		
Community Service Center of Northern Champaign County (217) 893-1530		X				Clothing Center
CRIS Healthy Aging (217) 355-1543	X	X		X	X	Dementia Support and Education
Cunningham Township Supervisor's Office (217) 384-4144	X					Lifelinks
East Central Illinois Area Agency on Aging (309) 829-2065		X				Advocacy
Family Service of Champaign County (217) 352-0099	X	X	X	X	X	Counseling and Caregiver Support
IDOA Senior Helpline 1 (800) 252-8966		X				
Illinois Department of Veteran Affairs (217) 278-3388		X				Veterans
OSF Health Care Community Resource Center (217) 337-2778		X		X		

## Emergency Assistance

### Medical Emergencies

<b>CALL 911</b>	OSF PRO Ambulance (217) 337-2911	Carle Arrow Ambulance Services (217) 337-3911
Advanced Medical Transport - East (217) 337-2911	Emergency Department at OSF St. Joseph Medical Center (309) 662-3311	Carle Foundation Hospital Emergency Room (217) 383-3311

### Mental Health Emergencies

<b>CALL 911</b>	Rosecrance Crisis Line (217) 359-4141	The Pavilion Hospital (Local) (217) 373-1700
Suicide Hotline (National) 988 OR 1 (800) 273-8255	National Mental Illness Helpline 1 (800) 950-6264	Veterans' Hotline (National) 1 (877) 424-3838, ext 1

### Housing Emergencies

Housing emergencies may include eviction, fire, homelessness, tenant issues, and more. These agencies may be able to assist with temporary housing in crisis situations.

Adult Protective Services Hotline 1 (866) 800-1409	Care Horizon (217) 384-3360	Champaign County 211 (217) 352-5151
City of Champaign (217) 403-8700	CU at Home (217) 819-4569	Housing Authority of Champaign (217) 378-7100
The Salvation Army (217) 373-7832		

### Violence or Abuse

The Adult Protective Services Program (APS) investigates reports of abuse, neglect, exploitation and self-neglect of adults age 60 or older, and adults age 18-59 with disabilities living in the community. To report suspected or known abuse:

Care Horizon, APS Local Provider (217) 954-9043	Adult Protective Services (APS) Hotline 1 (866) 800-1409
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National Domestic Violence Hotline (800) 799-7233	LGBT National Hotline - Seniors 1 (888) 234-7243
Illinois Domestic Violence Helpline 1 (877) 863-6339	National Sexual Assault Hotline 1 (800) 656-4673

**Financial Assistance**

The following agencies have limited funding available to support specific financial crises for eligible families. If you are experiencing an emergency, call to see if you are eligible for assistance.

Ameren Illinois Military (800) 755-5000	Care Horizon (217) 384-3360	Champaign County Regional Planning Commission (217) 328-3313, x158
Community Service Center of Northern Champaign County (217) 893-1530	CRIS Healthy Aging (217) 355-1543	Cunningham Township Supervisor's Office (217) 384-4144
empty tomb, inc. (217) 356-2262	Family Service of Champaign County (217) 352-0099	Low Income Home Energy Assistance Program (LIHEAP) (217) 384-1226
PACE Center for Independent Living (217) 344-5433	Salt & Light (217) 355-5654	Social Security (877) 819-2593
Supplemental Nutrition Assistance Program (SNAP) (217) 278-5605	USDA Rural Development (217) 352-3536 ext. 4	

<b>Ways to Save on Medications</b>
1. Ask your pharmacist or physician if there are less expensive versions or generic options.
2. If the medication is not on your “approved” coverage list, ask if there is a similar drug on the “formulary” that could be used instead.
3. Ask if there is medication financial assistance through your health provider.
4. Contact the drug manufacturer to see if there is a medication discount card for seniors or those with disabilities. These cards can offer significant savings.
5. If you use Medicare, consult with a SHIP counselor to ensure you are on the right Part D Plan.

## Food, Meals, Nutrition

The following locations can assist you if you need help keeping your pantry stocked or managing your nutrition. Food delivery agencies may provide grocery deliveries and/or pre-made meals delivered to your doorstep. Food banks offer free food to those in need. Congregate meal sites offer a safe space to enjoy a hot meal in a community setting for little or no fee. Nutritional counseling can help you make informed decisions about what you eat.



Did you know, many food services in the area (including delivery!) are provided to seniors without an income requirement?

	Food Delivery	Food Bank/ Pantry	Congregate Meal Site	Nutritional Counseling	Other
Avicenna Community Health Center (309) 306-1358				X	
Carle Mobile Market (217) 365-7921		X			X
Champaign County Christian Health Center (217) 402-5683				X	
Community Service Center of Northern Champaign County (217) 893-1530		X			
Cunningham Township Supervisor's Office (217) 384-4144	X	X			
Eastern Illinois Food Bank (217) 328-3663		X			
empty tomb, inc. (217) 356-2262	X				
OSF Faith in Action - Smart Meals (217) 337-2889	X				

	Food Delivery	Food Bank/ Pantry	Congregate Meal Site	Nutritional Counseling	Other
Family Service of Champaign County (217) 352-0099	X				
OSF Peace Meal (309) 665-5900 or (833) 923-3905	X		X		
Salt & Light (217) 355-5654	X				X
Supplemental Nutrition Assistance Program (SNAP) (217) 278-5605					X
The Salvation Army of Champaign County (217) 373-7832		X			
The Vineyard Church - HopeCenter (217) 607-5654		X			
Uniting Pride LGBTQ+ Resource Center (217) 898-5235		X			
University of Illinois Extension (217) 333-5900				X	

Numerous websites also offer ideas for cooking, meeting nutritional goals, and accessing local food supports:

- [eatmovesave.org](http://eatmovesave.org) through the University of Illinois Extension has an active list of ALL food banks, food pantries, and farmers markets in our region, plus recipes, money saving tips, and more!
- [hally.com/category/food-cooking/](http://hally.com/category/food-cooking/) Hally Health has a large collection of healthy recipes!
- [c-uphd.org/documents/wellness/Community-Food-Pantries.pdf](http://c-uphd.org/documents/wellness/Community-Food-Pantries.pdf) Champaign-Urbana Public Health Department has a printable overview of our local food banks!
- [www.thelandconnection.org/](http://www.thelandconnection.org/) informs the public about the sources of our food and why that matters.

## Home Improvement, Repairs, Weatherization, Etc.

Champaign County Regional Planning Commission (217) 328-3313, x158	City of Champaign (217) 403-8700	empty tomb, inc. (217) 356-2262
Habitat for Humanity of Champaign County (217) 359-0507	Low Income Home Energy Assistance Program (LIHEAP) (217) 384-1226	National Seating & Mobility (217) 355-1399
USDA Rural Development (217) 352-3536 ext. 4		

## Transportation

C-CARTS (Champaign County Area Rural Transit Service) (217) 344-4287	Champaign-Urbana Mass Transit District (217) 384-8188	CRIS Rural Mass Transit District (217) 443-2287
Family Service of Champaign County (217) 352-0099	First Transit (217) 352-6533	



Check the back of your medical insurance card! Many have a phone number listed for transportation assistance.

## HEALTH CARE SERVICES

### Disability Services

The following agencies provide person-centered support and assistance to individuals with disabilities to ensure individual progress, quality of life, and safety. Many Referral and Information Agencies (pages 6-7) can help you apply!

Ambucs (217) 352-8866	C-CARTS (Champaign County Area Rural Transit Service) (217) 344-4287	Chamber of Commerce- Division of Rehabilitation Services (217) 278-3500
Community Choices (217) 621-1090	Developmental Services Center (DSC) (217) 356-9176	Illinois Guardianship and Advocacy Commission (217) 278-5577
PACE Center for Independent Living (217) 344-5433	Paralyzed Veterans of America 1 (800) 424-8200	United Access (217) 903-3681

### General Health Services

Avicenna Community Health Center (309) 306-1358	Carle Mobile Health Services (217) 365-7921	Christie Clinic (217) 366-1200
CU at Home (217) 819-4569	OSF Heart of Mary Medical Center (217) 337-2000	Promise Healthcare Frances Nelson Clinic (217) 356-1558



Sideline MD is a patient advocacy service whose sole focus is helping you navigate the health care system and empower you to make informed decisions regarding your health and well-being. To learn more, call: (401) 217-9111

Champaign County Health Care Consumers (CCHCC)	Health Alliance 1 (800) 851-3379
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**Insurance**



Benefits CheckUp is a free online service that searches more than 1,000 federal and state programs and finds those that one may be eligible for.  
[www.benefitscheckup.org](http://www.benefitscheckup.org)

**Medicare & Medicaid Info**

- Medicare is the government health insurance program serving people who are 65 and older or those who are permanently disabled or in End Stage Renal Disease.
- You **must** sign up for Parts B and D when you are eligible or Social Security will assess you a monthly fine.
  - Part A: hospitalization, skilled nursing care, and hospice
  - Part B: outpatient services, doctor appointments, and ambulance services
  - Part A & B: cover some home health costs.
  - Part D - Prescription Drug Plan: Everyone with Medicare is eligible for this coverage to help with brand name and generic prescriptions. There is extra help for those with limited income.
- Part C, known as Medicare Advantage, is a privately offered Medicare alternative. These plans bundle all coverage from Parts A and B with features such as dental or vision, and often include Part D coverage.
  - Managed care plans such as Health Maintenance Organizations (HMOs), Preferred Provider Organizations (PPOs) and Medical Savings Accounts (MSAs)
- Medicaid is a state and federal health insurance program for people with low income and limited assets. Medicaid covers medical and long-term care services. It covers prescription medications and nursing home care. In some cases, with prior authorization and approvals it may cover glasses, dental work, and hearing aids.

Centers for Medicare and  
Medicaid Services (CMS)  
1 (877) 267-2323

**Senior Health Insurance Program (SHIP)**

SHIP is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers. Many local agencies have SHIP Counselors who can help you choose the right Medicare plans and/or apply for Medicare.

Champaign County Health Care Consumers (CCHCC) (217) 352-6533	Champaign County Regional Planning Commission (217) 328-3313, x158	CRIS Healthy Aging (217) 355-1543
Family Service of Champaign (217) 352-0099	OSF Community Resource Center (217) 337-2778	

### **Medical Equipment**

Equipment such as a cane, walker, lift chair, wheelchair, hospital bed, etc. can be provided by several agencies, with some covered by insurance.

Ambucs (217) 352-8866	Apria Healthcare (217) 352-7483	Carle Medical Supply (217) 383-3487
Habitat for Humanity of Champaign County (217) 359-0507	MedServ Equipment Corp (217) 355-7971	National Seating & Mobility (217) 355-1399
PACE Center for Independent Living (217) 344-5433	United Access (217) 903-3681	

### **Mental Health Services**

#### **Emergency 24/7 Mental Health Hotlines**

<b>Suicide Hotline 988</b>	The Pavilion Hospital (800) 373-1700	Rosecrance Crisis Line (217) 359-4141
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#### **General Mental Health Services**

Champaign County Christian Health Center (217) 402-5683	Family Service of Champaign County (217) 352-0099	MindWorks Mental Health (217) 722-6336
NAMI Champaign (217) 419-5345	Never Forgotten Services, PLLC (217) 390-9135	Promise Healthcare Frances Nelson Clinic (217) 356-1558
Rosecrance on Moreland (866) 330-8729	Rosecrance at Walnut Street (217) 398-8080	The Pavilion Hospital (217) 373-1700

Local resources may offer specific assistance with substance use or abuse concerns.

Al-Anon (309) 827-7426	Alcoholics Anonymous (AA) (217) 373-4200	Rosecrance at Walnut Street (217) 373-2430 (Substance Use)
Rosecrance on Moreland (866) 330-8729	Champaign County DHS Family Community Resource Center (217) 278-5605	The Pavilion Hospital (217) 373-1700

## Support Groups

We all need the support of others at different times of our lives. Support groups can connect you with others who are living a shared experience for advice and comfort.

*The Family Service Self Help Center maintains an active listing of all support groups in the area and is available to offer education and assistance in starting new groups.*

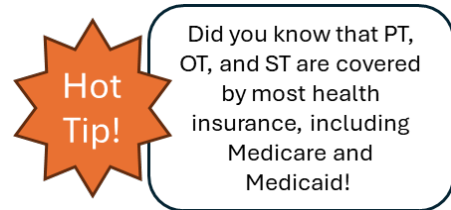
<https://www.famservcc.org/selfhelp-center> OR Call: (217) 352-0099

Al-Anon (309) 827-7426	Alcoholics Anonymous (AA) (217) 373-4200	ALS United (309) 696-7184
Alzheimer's Association 24/7 Helpline 1 (800) 272-3900	Center for Healthy Aging: Minds in Motion (217) 356-9078	Circle of Friends Adult Day Center (217) 359-7937
CRIS Healthy Aging (217) 355-1543	Family Service of Champaign County (217) 352-0099	NAMI Champaign (217) 419-5345
OSF Stroke Survivor Support Group	Transitions Care (877) 726-6494	Uniting Pride LGBTQ+ Support Groups (217) 898-5235

## Physical Therapy Services

- Occupational Therapy (OT) - therapy using everyday activities to promote health, well-being, and ability to participate in activities important to your life.
- Physical Therapy (PT) - therapy to relieve pain, help to move better and/or strengthen weakened muscles.
- Speech Therapy (ST) - therapy to help people with speech or language impairments communicate more clearly. Can also help improve swallow proficiency.

The following agencies provide such services:





Accolade Healthcare of Savoy [In Patient & Outpatient] (217) 402-9700	OT LIFE Clinic- Parkland College Occupational Therapy Assistant Program (217) 353-2760	Savoy Therapy (217) 898-8393
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**Specialized Health Services**

Champaign County Health Care Consumers has referral programs available for most specialized health services. Call to learn more! (217) 352-6533.

**Dental**

Affordable Dentures & Implants (217) 707-6188	Champaign County Christian Health Center (217) 402-5683	CU Dentists, Ltd. (217) 352-5088
Familia Dental (217) 355-6396	Hill Dental (217) 356-5260	Illini Smiles Dental Care (217) 356-3335
Parkland College Dental Hygiene Clinic (217) 373-3860	Promise Healthcare Dental (217)403-5477	

**Hearing Aids/Auditory**

Audibel (217) 907-4454	Beltone of Champaign, IL (217) 359-3331	Caption Call by Sorenson Home (833) 691-1600
Illinois Telecommunications Access Corporation (ITAC) (800) 841-6167 *FREE equipment available*		

**Vision**

All About Eyes (217) 531-5393	Avicenna Community Health Center (309) 306-1358	Bard Optical (217) 351-8822
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Chittick Eye Care (217) 398-2020	Christie Clinic (217) 366-1200	Eyemart Express (217) 355-0354
Kessler Optical (217) 356-5377	OT LIFE Clinic- Parkland College Occupational Therapy Assistant Program (217) 353-2760	Promise Healthcare Frances Nelson Clinic (217) 356-1558
The EYE Center (217) 352-2020	Vision USA (217) 352-6533 (Ask for the Consumer Health Hotline)	

## SPECTRUM OF CARE

There may come a time when you or a loved one needs additional support to complete day-to-day tasks. Spectrum of Care refers to the range of supportive options available to help you, both in and out of your home setting.

### Adult Day Services

Adult Day Service provides a safe environment during the day for those who need health monitoring, supervision, socialization and want to remain independent in their own homes. Adult Day Services provide meals, socialization opportunities, exercise, medical monitoring, recreation, and therapeutic activities for the mind and body.

Circle of Friends Adult Day Center  
(217) 359-7937

### Respite Beds (RB)

Overnight accommodations are available in some facilities for short term stays when a break is needed, or an emergency comes up. Rates and length of stay vary by location. For the latest pricing and more information, please call the facility.

Location	Phone	Minimum Stay
Accolade of Savoy	(217) 402-9700	3 days
Amber Glen Alzheimer's Special Care Center	(217) 384-0100	2 weeks
Arbor Rose of Tolono	(217) 485-3030	No minimum
Bickford of Champaign	(217) 403-1900	30 days

Bridle Brook Assisted Living and Memory Care	(217) 586-3200	30-60 days
Brookdale Urbana	(217) 328-3150	2 weeks
Carriage Crossing Senior Living of Champaign	(217) 303-8840	2 weeks
Country Health Care and Rehab	(217) 568-7362	5 days
Savoy Place Memory Care	(217) 600-3356	1 week
The Glenwood Assisted Living	(217) 586-5100	No minimum

### **Palliative and Hospice Care**

These services are offered to patients near the end of life to help manage and monitor a terminal illness.

- Palliative Care provides illness oversight, medication management, and symptom monitoring while a patient continues to seek curative treatments (i.e. physical and occupational therapy, chemo, etc.).
- Hospice Care provides expanded medical support for patients with an anticipated life expectancy of 6 months and are no longer seeking curative treatment. Hospice will bring in medical equipment like a hospital bed or bedside commode, will pick-up and deliver medications, and will monitor all medical care so families can focus on being family in the final days.

Carle Hospice (217) 326-1101	Carle Palliative Care (217) 383-6744	OSF Home Health & Hospice (217) 355-4120
Traditions Health: Palliative and Hospice (309) 698-3060	Transitions Care: Hospice (877) 726-6494	

### **Downsizing and Relocation**

If you are looking to age in place successfully and are considering a smaller home, the following agencies can help.

Beautiful Life Senior Relocation Services (309) 530-3327	Compassionate Moving Solutions (309) 323-9893	The McDonald Group Realty (602) 312-1030
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## **Housing**

There are many different types of housing available with different pricing structures, insurance ability, and levels of care. Making the decision to transition is different for every family and can take time. If you need any insight, you may contact any of the Aging Referral Agencies or Assisted Living Helpers, an agency dedicated to helping families guide them through the search. To learn more, call (866) 933-0618.

### **Retirement Community (RC)**

A residential community or housing complex designed for older adults who are generally able to care for themselves.

### **Independent Living (IL)**

Residential options for older adults who are living on their own while taking advantage of various amenities and community offerings.

### **Low-Income Senior Housing (L-ISH)**

Apartments that gear towards older persons who can live independently and do their own personal care and meal preparation. Income qualification for residents in financial need.

### **Rehabilitation (Rehab)**

Following discharge from the hospital, doctors may recommend staying in a certified rehab facility for a short period of time while you rest and recover with trained professional oversight.

### **Assisted Living (AL)**

Housing for older persons that provides nursing care, housekeeping, social opportunities and prepared meals as needed.

### **Supportive Living (SL)**

Supportive Living is the Medicaid-supported model of Assisted Living.

### **Memory Care (MC)**

Housing for older persons with memory loss that provides nursing care, housekeeping, social opportunities and prepared meals as needed. Typically require a diagnosis of some form of dementia.

### **Skilled Nursing / Nursing Homes (SN/NH)**

A residential facility providing long term personal or nursing care for persons who are unable to care for themselves at home. Short term rehab and inpatient therapy services may also be provided.

	<b>RC</b>	<b>IL</b>	<b>L-I SH</b>	<b>Rehab</b>	<b>AL</b>	<b>SL</b>	<b>MC</b>	<b>SN/NH</b>
Retirement Community ( <b>RC</b> ), Independent Living ( <b>IL</b> ), Low-Income Senior Housing ( <b>L-ISH</b> ), Rehabilitation ( <b>Rehab</b> ), Assisted Living ( <b>AL</b> ), Supportive Living ( <b>SL</b> ), Memory Care ( <b>MC</b> ), Skilled Nursing / Nursing Homes ( <b>SN/NH</b> )								
Accolade Healthcare of Savoy (217) 402-9700				X			X	X
Amber Glen Alzheimer's Special Care Center (217) 384-0100					X		X	
Arbor Rose of Tolono (217) 485-3030		X			X		X	
Autumn Fields Adult Community- Savoy (217) 355-1990		X			X			
Bickford of Champaign (217) 403-1900		X			X		X	
Bridle Brook Assisted Living & Memory Care Community (217) 586-3200					X		X	
Brookdale Urbana (217) 328-3150					X		X	
Brookstone Estates of Rantoul (217) 749-1370						X		

Retirement Community (RC), Independent Living (IL), Low-Income Senior Housing (L-ISH), Rehabilitation (Rehab), Assisted Living (AL), Supportive Living (SL), Memory Care (MC), Skilled Nursing / Nursing Homes (SN/NH)								
	RC	IL	L-I SH	Rehab	AL	SL	MC	SN/NH
Carriage Crossing Champaign (217) 303-8840				X	X		X	
ClarkLindsey (217) 344-2144		X		X	X		X	X
Country Health Care & Rehab (217) 568-7362				X				X
Eagle's View Supportive Living & Memory Care (217) 892-2800						X	X	
Eden Supportive Living (217) 903-5900						X		
Edge of Mall Apartments (217) 328-6409		X	X					
Evergreen Place Assisted Living (217) 530-4300		X			X			
Florida House Apartments (217) 328-3301		X	X					
Housing Authority of Champaign County (217) 378-7100			X					
Illini Heritage Rehab and Health Care (217) 352-5707								X
Parkview Senior Apartment Homes (217) 352-3938		X						
Prairie Winds of Urbana (217) 344-6400		X			X			
Reflections Memory Care (217) 359-6073							X	
Round Barn Manor		X	X					

Retirement Community (RC), Independent Living (IL), Low-Income Senior Housing (L-ISH), Rehabilitation (Rehab), Assisted Living (AL), Supportive Living (SL), Memory Care (MC), Skilled Nursing / Nursing Homes (SN/NH)								
	RC	IL	L-I SH	Rehab	AL	SL	MC	SN/NH
(217) 351-9090								
Savoy Place Memory Care (217) 600-7705					X		X	
Steer Place (217) 337-3325		X	X					
Sunnycrest Manor Apartments (217) 328-6170		X	X					
The Glenwood Assisted Living of Mahomet (217) 586-5100					X			
The Landing at Legends (217) 267-6152	X							
Villas of Holly Brook: Savoy (217) 359-6224					X		X	
Villas of Holly Brook: Rantoul (217) 282-9854					X		X	
Windsor of Savoy (217) 351-1437		X			X		X	

### **In-Home Caregiver Support**

Paid professionals are trained to provide support for you and your loved one in the comfort of your home in an effort to keep you safe and independent at home, to avoid hospitalization or delay facility placement, and are tailored to your personal needs.

### **Home Care**

Consists of nonmedical services provided in the home for clients who have difficulty managing their activities of daily living. Home care aides, hired privately or through an agency, may help with activities such as homemaking (cleaning and organization), transportation, medication management and reminders, companion visits, meal preparation, help with dressing, toileting, bathing, transportation services, and companionship.

### **Home Health Care**

Consists of formal medical support provided by a licensed professional in the home. This can include nurses, physical, occupational or speech therapists, respiratory therapy, and social workers. They can administer medications, IVs, shots, and conduct medical tests and monitoring. Home care aides can assist with personal care only if licensed professionals are working in the home.

Addus Home Care (217) 356-1121	Aging in Place (217) 531-4663	Allways Caring Home Care (217) 398-4100
atHome with Clark Lindsey (217) 356-1111	Avantus Home Therapy (217) 384-3159	Bellas Home Health and Care (217) 903-3594
Care Horizon (217) 384-3360	Care Horizon, APS (217) 954-9043	Carle Home Health (217) 902-3300



CU at Home Healthcare Solutions (217) 494-0285	Family Service of Champaign County (217) 352-0099	Home Instead (217) 203-2000
LHC - Illinois Home Health Care (217) 352-4387	OSF Home Health & Hospice (217) 355-4120	R Angell's Homecare Services (217) 377-6018
Synergy HomeCare (217) 318-0268	Traditions Health (309) 698-3060	Visiting Angels (217) 954-0775

## COMMUNITY ENGAGEMENT

Looking for opportunities to meet others or utilize your skills in the community? We know that older adults are a vibrant part of our community, and we want to be sure that you are aware of opportunities to connect and engage.

### Educational Resources

Learning is a lifelong process! There are many classes, workshops, and educational series available to older adults in our community.



Did you know that community members can audit college classes?

Alzheimer's Association (800) 272-3900	Center on Health, Aging, and Disability (CHAD) (217) 333-4965	Champaign County Health Care Consumers (CCHCC) (217) 352-6533
Champaign Public Library (217) 403-2000	Champaign-Urbana Public Health District (217) 352-7961	CRIS Healthy Aging (217) 355-1543
CU at Home (217) 819-4569	Family Service of Champaign County (217) 352-0099	Osher Lifelong Learning Institute (OLLI) (217) 244-9141
OT LIFE Clinic- Parkland College Occupational Therapy Assistant Program (217) 353-2760	St. Joseph Township-Swearingen Memorial Library (217) 469-2159	The Urbana Free Library (217) 367-4057
Uniting Pride LGBTQ+ Resource Center (217) 898-5235	University of Illinois Extension (217) 333-5900	Urbana Park District 217-367-1544

## Job Training & Employment

Getting a foothold in the workforce or entering a new sector can be difficult. Whether you are looking for full-time, part-time, seasonal, or temporary employment, connect to job training and support to help you reach your employment goals.

Experience Works (217) 923-5793	Illinois workNet (217) 558-0401	The Salvation Army of Champaign County (217) 373-7832
University of Illinois Extension (217) 333-5900		

### Recreation

From clubs to learning new skills to catered meals, our community is teeming with opportunities to get together with others and have fun. Champaign County is lucky to have numerous parks and libraries that offer fun programs year-round!

Champaign Park District (217) 398-2550	Mahomet Parks & Recreation (217) 586-6025	Rantoul Recreation Department (217) 893-0461
Savoy Park District (217) 359-5894	Stephens Family YMCA (217) 359-9622	Stevick Senior Center (217) 359-6500
Urbana Park District (217) 367-1544		

### Community Events

<p><b>Dine with a Doc</b> A monthly luncheon with a guest speaker discussing healthy aging practices. First Wednesday of every month at 11:00 AM.</p> <p>REGISTRATION REQUIRED: Call (217) 303-8840</p>	<p><b>Walk with a Doc</b> A walking program with health education provided by a licensed physician. 2nd Saturday of every month at 11:00 AM.</p> <p>REGISTRATION ENCOURAGED: Call (401) 217-9111</p>	<p><b>Ethel and Maud's</b> A recurring luncheon with live entertainment.</p> <p>REGISTRATION REQUIRED: Call (217) 953-2847</p>
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### Volunteer Opportunities

Retirement or reduced work hours does not have to mean ceasing to sharpen and use your skills. Consider putting those skills to good use while making a difference in the community. Many local agencies have volunteer opportunities for you!

Alzheimer's Association (800) 272-3900	Ambucs (217) 352-8866	empty tomb, inc. (217) 356-2262
Retired and Senior Volunteer Program (RSVP) at Family Service (217) 359-6500	OSF Faith in Action (217) 337-2000	Salt & Light (217) 355-5654
The Salvation Army of Champaign County (217) 373-7832	University of Illinois Extension (217) 333-5900	

## VETERAN SERVICES

Individuals who have served in the United States Armed Forces and their families have access to a wide variety of federal benefits and state programs. There are many private and non-profit **programs and resources** available to **help military veterans, but this guide is not a complete list.**

### Nation-Wide Services

**National Veterans Crisis Line** - (24/7) a single point of contact for Veterans or families to call during a moment of crisis for confidential support for *Veterans* and their loved ones

- Press 988, press 1, or Text 838255 (800) 273-8255

**National Call Center for Homeless Veterans** - (24/7) Connecting homeless and at-risk Veterans with housing solutions, health care, community employment services, and other required supports

- (877)-424-3838

**National VA Health Care** - Assist with determining an individual who served in the active military, naval, or air service eligibility for healthcare services

- Benefits hotline: (877) 222-VETS (8387)
- My HealthVet help desk: (877)-327-0022
- Benefits technical support: (800)-983-0937

**Military One Source** - Learn about the veteran benefits you've earned — in education, training, job help, health, housing and assistance, Military One Source services, even

Military Funeral Honors — and about all the programs that can help you make the most of your life as a veteran

- 800-342-9647 Web: [www.militaryonesource.mil](http://www.militaryonesource.mil)

**National Resource** - Database of resource that support recovery rehabilitation and reintegration for service members, veterans, family member and caregivers

- Web: [www.nrd.gov](http://www.nrd.gov)

**Red Cross** - Services for veterans date back to World War I and remains consistent with the spirit of our congressional charter

- Ph: 1-217-278-9897 web: [www.redcross.org](http://www.redcross.org)

## State-Specific Services

**Illinois Department of Veterans Affairs** - The state of Illinois empowers, advises, and assists Veterans navigating the system of federal state, and local resources and benefits; by providing long-term health care for eligible veterans in our Veterans' Homes; and by partnering with other agencies and non-profits to help veterans address education, mental health, housing, employment, and other challenges.

This department is the perfect starting point to ask questions about what services you qualify for in Illinois.

- Toll Free: (800)-437-9824; Ph: (217)-782-6641; TDD: (217)-524-4645;
- Email: [IDVA.MEDIA@illinois.gov](mailto:IDVA.MEDIA@illinois.gov); Website: <https://www2.illinois.gov>

Ask your VA-accredited representative about **Veterans Service Organizations (VSO)** for additional benefits including those for disabled and paralyzed veterans, veterans of foreign wars, Vietnam veterans, and more.

**Illinois' Veterans' Home:** Illinois veterans and eligible spouses seeking skilled and domiciliary care are offered five unique veterans' homes located across Illinois.

**Ameren Illinois Military Support (AIMS) Program** - Energy grants up to \$100 to help pay electric bills for qualifying active members of the military and disabled Veterans. This program will also provide additional payment agreements when needed. (Limit of one grant per household per calendar year).

- (800) 755-5000

## Locally Available Services

**VA Illiana Health Care System** - Local provider of services including inpatient hospital care and outpatient services such as Primary Care, Specialty Services, Mental Health, Labs, Pharmacy, etc.

- (217) 554-3000 | 1900 E. Main St., Danville, IL 61832

**Veterans Assistance Commission** -The commission advises and assists on matters relating to veterans and their families as may pertain to meeting their needs for veterans’ benefits, housing, food, shelter, transportation, and employment.

- (217)-819-3556 | 1776 E. Washington St., Urbana, IL 61802

**Community-Based Outpatient Clinics** - provide the most common outpatient services, including health and wellness visits, without visiting a larger medical center. Outpatient clinics are available in Bloomington, Mattoon, Decatur, Springfield, & Peoria.

## TECHNOLOGY

Navigating the changes to technology can be challenging. There are resources to help you stay connected and informed.

Caption Call by Sorenson Home (833) 691-1600	Champaign Public Library (217) 367-4057	Champaign Public Library - Douglass Branch (217) 403-2090
i3 Broadband (217) 530-0333	Urbana Park District (217) 367-1544	

## LEGAL/FINANCIAL

### Legal Services

Trying to figure out the legal system can be overwhelming. Explore these resources to get legal assistance. This may include Elder Law and Disability Rights, Housing, Estate Planning, Advanced Planning, and more.

**Land of Lincoln Legal Aid** - Provide eligible low-income and senior residents of central and southern Illinois with high quality civil legal services.

- (217) 356-1351 OR (877) 342-7891 to join the queue
- [www.lincolnlegal.org/](http://www.lincolnlegal.org/)

**Champaign-Urbana Tenant Union** - Provides tenant households with information and advice to prevent and resolve landlord-tenant problems.

- (217) 352-6220

**Illinois Guardianship and Advocacy Commission** - Works to protect the rights and promote the welfare of individuals with disabilities by providing legal representation and providing state guardianship for Illinois' population with disabilities. This includes assistance with guardianship for older adults living with dementia or Alzheimer's.

- (217) 278-5577

**Champaign County Bar Association** - Our local chapter offers documents specific to our county.

- [www.champaigncobar.org/public-resources/](http://www.champaigncobar.org/public-resources/)

**Illinois State Bar Association** - Can help you find a lawyer for criminal cases (including traffic cases), personal injury, malpractice, or workers' compensation cases.

- (217) 356-1351
- [www.isba.org/](http://www.isba.org/)

**American Bar Association** - has extensive educational resources on Estate Planning, Wills, Power of Attorney, Trusts, and more!

- [www.americanbar.org/groups/real\\_property\\_trust\\_estate/resources](http://www.americanbar.org/groups/real_property_trust_estate/resources)

**Illinois Legal Aid** - [www.illinoislegalaid.org/](http://www.illinoislegalaid.org/) is an online resource providing education on a variety of topics that individuals and families may need throughout their lifespan.

### **Fraud and Scam Prevention**

The Illinois Attorney General can engage in informal dispute resolution on behalf of consumers in regard to: fraudulent purchases, identify theft, and fraudulent claims from health care services, home repair and construction services, or automotive sales and repairs.

- The consumer fraud hotline is 1 (877) 581-3692

### **Social Security**

#### Social Security

Retirement benefit replaces part of your income when you retire or reduces how much you are working. People are eligible for reduced benefits when they are 62 or older and have paid into social security for 10 or more years. To find out more, visit:

- [www.ssa.gov/](http://www.ssa.gov/) OR Call: (877) 819-2593

### **Taxes**

Did you know: several local agencies have volunteers who will file your taxes for free if you are over 60?

Champaign Public Library (217) 403-2000	CRIS Healthy Aging (217) 355-1543	Gies College of Business 217-300-4784
Retired and Senior Volunteer Program (RSVP) at Family Service (217) 359-6500		

Find out more at [irs.treasury.gov/freetaxprep/](https://irs.treasury.gov/freetaxprep/)

IRS (844) 545-5640

Please visit the IRS website to learn more about special tax situations and benefits that may affect you. [www.irs.gov/individuals/seniors-retirees](https://www.irs.gov/individuals/seniors-retirees)

## END-OF-LIFE PLANNING

Having your affairs in order is a gift that you can give your family. Making choices when you have some time and before you are in a crisis makes things easier than when times are tough. Some things to consider may be your Will, Physician Orders for Life Sustaining Treatment (POLST) forms (previously Do-Not-Resuscitate (DNR)), Power of Attorney (financial, healthcare, and durable), funeral and burial expenses, and more. Resources exist to help you navigate these important decisions.

Carle Advance Care Planning (217) 383-3311	Five Wishes <a href="https://www.fivewishes.org/">https://www.fivewishes.org/</a>	Illinois Department of Public Health Dph.illinois.gov then search 'Advance Directives'
Jones Notary, LLC (314) 780-9370	Meyer Capel, PC (Estate Planning) 217-352-1800	Sunset Funeral Home (217) 239-2874





## **RESOURCE DIRECTORY – ALL AGENCIES**

<p><b>Accolade Healthcare of Savoy</b> 302 W Burwash Ave Savoy, IL 61874 (217) 402-9700</p>	<p><b>Addus Home Care</b> 1819 South Neil St. Suite A Champaign, IL 61820 (217) 356-1121</p>	<p><b>Adult Protective Services Hotline</b> 304 N Maple St, Suite 202 Urbana, IL 61802 1 (866) 800-1409</p>
<p><b>Advanced Medical Transport - East</b> 408 S Neil St Champaign, IL 61820 (217) 337-2911</p>	<p><b>Affordable Dentures &amp; Implants</b> 902 Meijer Dr, Suite 6 Champaign, IL 61822 (217) 707-6188</p>	<p><b>Aging in Place</b> 2024 Glenn Park Dr Champaign, IL 61821 (217) 531-4663</p>
<p><b>Al-Anon</b> 109 E Market St Bloomington, IL 61701 (309) 827-7426</p>	<p><b>Alcoholics Anonymous (AA)</b> 8 Henson Pl #4 Champaign, IL 61820 (217) 373-4200</p>	<p><b>All About Eyes</b> 507 Town Center Dr Champaign, IL 61820 (217) 531-5393</p>
<p><b>Allways Caring Home Care</b> 301 North Neil Suite 301 Champaign, IL 61820 (217) 398-4100</p>	<p><b>ALS United</b> 5315 N Clark St #650 Chicago, IL 60640 (309) 696-7184</p>	<p><b>Alzheimer's Association</b> P.O. Box 231 Bloomington, IL 61704 1 (800) 272-3900</p>
<p><b>Alzheimer's Association 24/7 Helpline</b> 1 (800) 272-3900</p>	<p><b>Amber Glen Alzheimer's Special Care Center</b> 1704 E Amber Ln Urbana, IL 61802 (217) 384-0100</p>	<p><b>Ambucs</b> 1909 W Springfield Ave Champaign, IL 61821 (217) 352-8866</p>

<p><b>Ameren Illinois Military</b> (800) 755-5000</p>	<p><b>American Bar Association</b> americanbar.org</p>	<p><b>Apria Healthcare</b> 407 Devonshire Dr Champaign, IL, IL 61820 (217) 352-7483</p>
<p><b>Arbor Rose of Tolono</b> 503 S Bourne St Tolono, IL 61880 (217) 485-3030</p>	<p><b>Assisted Living Helpers</b> (866) 933-0618</p>	<p><b>atHome with Clark Lindsey</b> 101 W. Windsor Rd Urbana, IL 61802 (217) 356-1111</p>
<p><b>Audibel</b> 3354 Big Pine Trail C Champaign, IL 61822 (217) 907-4454</p>	<p><b>Autumn Fields Adult Community- Savoy</b> 65 Airport Rd Savoy, IL 61874 (217) 355-1990</p>	<p><b>Avantus Home Therapy</b> 901 W University Ave Urbana, IL 61801 (217) 384-3159</p>
<p><b>Avicenna Community Health Center</b> 201 W Kenyon Rd Champaign, IL 61820 (309) 306-1358</p>	<p><b>Bard Optical</b> 907 W Marketview Dr Champaign, IL 61820 (217) 351-8822</p>	<p><b>Beautiful Life Senior Relocation Services</b> (309) 530-3327</p>
<p><b>Bellas Home Health and Care</b> 509 S Country Fair Dr, Ste A Champaign , IL 61821 (217) 903-3594</p>	<p><b>Beltone of Champaign, IL</b> 816 N Country Fair Dr #4 Champaign, IL 61822 (217) 359-3331</p>	<p><b>Bickford of Champaign</b> 1002 S Staley Rd Champaign, IL 61822 (217) 403-1900</p>
<p><b>Bridle Brook Assisted Living &amp; Memory Care Community</b> 1505 Patton Dr Mahomet, IL 61853 (217) 586-3200</p>	<p><b>Brookdale Urbana</b> 1706 E Amber Ln Urbana, IL 61822 (217) 328-3150</p>	<p><b>Brookstone Estates of Rantoul</b> 300 Twin Lakes Dr Rantoul, IL 61866 (217) 892-5871</p>
<p><b>Caption Call by Sorenson Home</b> (833) 691-1600</p>	<p><b>Care Horizon</b> 304 N Maple, Suite 202 Urbana, IL 61802 (217) 384-3360</p>	<p><b>Care Horizon, Adult Protective Services</b> 304 N Maple, Suite 201 Urbana , IL 61802 (217) 954-9043</p>
<p><b>Carle Advance Care Planning</b> (217) 383-3311</p>	<p><b>Carle Arrow Ambulance Services</b> (217) 337-3911</p>	<p><b>Carle Community Wellness &amp; Faith Community Health</b> 4116 Fieldstone Rd Champaign, IL 61822 (217) 902-3160</p>

<p><b>Carle Foundation Hospital Emergency Room</b> 600 W Park St Urbana, IL 61801 (217) 383-3311</p>	<p><b>Carle Home Health</b> 4116 Fieldstone Rd Champaign, IL 61822 (217) 902-3300</p>	<p><b>Carle Hospice</b> 1813 W. Kirby Ave Champaign, IL 61822 (217) 326-1101</p>
<p><b>Carle Medical Supply- Champaign</b> 1813 W Kirby Ave Champaign, IL 61821 (217) 383-3487</p>	<p><b>Carle Mobile Health Services</b> 611 W Park St Urbana, IL 61801 (217) 365-7921</p>	<p><b>Carle Mobile Market</b> (217) 365-7921</p>
<p><b>Carle Palliative Care</b> 4116 Fieldstone Rd Champaign, IL 61822 (217) 383-6744</p>	<p><b>Carriage Crossing Champaign</b> 1701 Congressional Way Champaign, IL , IL 61822 (217) 303-8840</p>	<p><b>C-CARTS (Champaign Co. Area Rural Transit Service)</b> 1101 E University Ave Urbana, IL 61802 (217) 344-4287</p>
<p><b>Center for Healthy Aging: Minds in Motion</b> First United Methodist Church, 210 W Church St Champaign IL, IL 61820 (217) 356-9078</p>	<p><b>Center on Health, Aging, and Disability (CHAD)</b> 1206 S. Fourth St Champaign, IL, IL 61820 (217) 333-4965</p>	<p><b>Centers for Medicare and Medicaid Services (CMS)</b> 1 (877) 267-2323</p>
<p><b>Champaign County 211</b> 5 Dunlap Ct Savoy, IL 61874 (217) 352-5151</p>	<p><b>Champaign County Bar Association</b> P.O. Box 265 Urbana , IL 61803 champaigncobar.org/</p>	<p><b>Champaign County Chamber of Commerce- Division of Rehab Services</b> 1307 N. Mattis Ave Champaign, IL 61821 (217) 278-3500</p>
<p><b>Champaign County Christian Health Center</b> 1401 S State St, Suite B Champaign, IL 61820 (217) 402-5683</p>	<p><b>Champaign County DHS Family Community Resource Center</b> 705 N Country Fair Dr Champaign, IL 61821 (217) 278-5605</p>	<p><b>Champaign County Health Care Consumers (CCHCC)</b> 44 E Main St #208 Champaign, IL 61820 (217) 352-6533</p>
<p><b>Champaign County Regional Planning Commission</b> 1776 E Washington St Urbana, IL 61802 (217) 328-3313, x158</p>	<p><b>Champaign Park District</b> 706 Kenwood Rd Champaign, IL 61821 (217) 398-2550</p>	<p><b>Champaign Public Library</b> 200 W Green St Champaign, IL 61820 (217) 403-2000</p>

<p><b>Champaign-Urbana Mass Transit District</b> 1101 E University Ave Urbana, IL 61801 (217) 384-8188</p>	<p><b>Champaign-Urbana Public Health District</b> 201 W Kenyon Rd Champaign, IL 61820 (217) 352-7961</p>	<p><b>Champaign-Urbana Tenant Union</b> 44 E Main St, Suite 208 Champaign, IL 61820 (217) 352-6220</p>
<p><b>Chittick Eye Care</b> 2435 Village Green Plaza Champaign, IL 61822 (217) 398-2020</p>	<p><b>Christie Clinic</b> 101 W University Ave Champaign, IL 61820 (217) 366-1200</p>	<p><b>Circle of Friends Adult Day</b> 609 W Washington St Champaign, IL 61820 (217) 359-7937</p>
<p><b>City of Champaign</b> 102 N Neil St Champaign, IL 61820 (217) 403-8700</p>	<p><b>ClarkLindsey</b> 101 W. Windsor Rd Urbana, IL 61802 (217) 344-2144</p>	<p><b>Community Choices</b> 44 E Main St, Suite 210 Champaign, IL 61820 (217) 621-1090</p>
<p><b>Community Service Center of Northern Champaign County</b> 520 E Wabash Ave Rantoul, IL 61866 (217) 893-1530</p>	<p><b>Compassionate Moving Solutions</b> Urbana (309) 323-9893</p>	<p><b>Consumer Fraud Hotline</b> 1 (877) 581-3692</p>
<p><b>Country Health Care &amp; Rehab</b> 2304 County Rd 3000 N Gifford, IL 61847 (217) 568-7362</p>	<p><b>CRIS Healthy Aging</b> 4116 Fieldstone Rd Champaign, IL 61822 (217) 355-1543</p>	<p><b>CRIS Rural Mass Transit District</b> 615 E Voorhees Street Danville, IL 61832 (217) 443-2287</p>
<p><b>CU at Home</b> 309 South Neil St Champaign, IL 61820 (217) 819-4569</p>	<p><b>CU at Home Healthcare Solutions</b> 701 Devonshire Dr, Ste B13 Champaign, IL 61820 (217) 494-0285</p>	<p><b>CU Dentists, Ltd.</b> 805 W Springfield Ave Champaign, IL 61820 (217) 352-5088</p>
<p><b>Cunningham Township Supervisor's Office</b> 205 W Green St Urbana, IL 61801 (217) 384-4144</p>	<p><b>Developmental Services Center (DSC)</b> 1304 W Bradley Ave Champaign, IL 61821 (217) 356-9176</p>	<p><b>Dine with a Doc</b> (217) 303-8840</p>
<p><b>Douglass Park Library</b> 504 E Grove St Champaign, IL 61820 (217) 403-2090</p>	<p><b>Eagle's View Supportive Living &amp; Memory Care</b> 200 West International Ave Rantoul, IL 61866 (217) 892-2800</p>	<p><b>East Central Illinois Area Agency on Aging</b> 1003 Maple Hill Rd Bloomington, IL 61705 (309) 829-2065</p>

<p><b>Eastern Illinois Food Bank</b> 2405 North Shore Dr Urbana, IL 61802 (217) 328-3663</p>	<p><b>Eden Supportive Living</b> 222 N State St Champaign , IL 61820 (217) 903-5900</p>	<p><b>Edge of Mall Apartments</b> 109 West Illinois St Urbana, IL 61801 (217) 328-6409</p>
<p><b>Emergency Department at OSF St. Joseph Medical Center</b> 2200 E Washington St Bloomington, IL 61701 (309) 662-3311</p>	<p><b>empty tomb, inc.</b> 301 N 4th St Champaign, IL 61820 (217) 356-2262</p>	<p><b>Ethel and Maud's</b> 2102 Windsor Pl, Ste 3 Champaign, IL 61820 (217) 359-6500</p>
<p><b>Evergreen Place Assisted Living</b> 4114 W. Springfield Ave Champaign, IL, IL 61822 (217) 530-4300</p>	<p><b>Experience Works</b> 113 S Kentucky St Greenup, IL 62428 (217) 923-5793</p>	<p><b>Eyemart Express</b> 2515 N Prospect Ave Champaign , IL 61822 (217) 355-0354</p>
<p><b>Familia Dental</b> 1905 W Springfield Ave Champaign, IL 61821 (217) 355-6396</p>	<p><b>Family Service of Champaign County</b> 405 S State St Champaign, IL 61820 (217) 352-0099</p>	<p><b>First Transit</b> 44 E Main Street, Suite 208 Champaign, IL 61820 (217) 352-6533</p>
<p><b>Five Wishes</b> fivewishes.org</p>	<p><b>Florida House Apartments</b> 1502 E Florida Ave Urbana, IL 61802 (217) 328-3301</p>	<p><b>Gies College of Business</b> (217) 300-4784</p>
<p><b>Habitat for Humanity of Champaign County</b> 1914 Glenn Park Dr Champaign, IL 61821 (217) 359-0507</p>	<p><b>Health Alliance</b> 3301 Fields South Dr, Suite 105 Champaign , IL 61822 1 (800) 851-3379</p>	<p><b>Hill Dental</b> 2914 Crossing Court Champaign, IL 61822 (217) 356-5260</p>
<p><b>Home Instead</b> 410 E University, Suite 104 Champaign, IL 61820 (217) 203-2000</p>	<p><b>Housing Authority of Champaign County</b> 2008 N Market St Champaign, IL 61822 (217) 378-7100</p>	<p><b>i3 Broadband</b> 808 Dennison Dr Champaign , IL 61820 (217) 530-0333</p>

<p><b>IDOA Senior Helpline</b>  One Natural Resources Way,  Suite 100  Springfield, IL 62702  1 (800) 252-8966</p>	<p><b>Illini Heritage Rehab and Health Care</b>  1315 Curt Dr  Champaign , IL 61820  (217) 352-5707</p>	<p><b>Illini Smiles Dental Care</b>  303 W Springfield Ave  Champaign , IL 61820  (217) 356-3335</p>
<p><b>Illinois Department of Veteran Affairs</b>  600 E University Ave  Urbana, IL 61802  (217) 278-3388</p>	<p><b>Illinois Domestic Violence Helpline</b>  1 (877) 863-6339</p>	<p><b>Illinois Guardianship and Advocacy Commission</b>  2125 South 1st St  Champaign, IL 61820  (217) 278-5577</p>
<p><b>Illinois Legal Aid</b>  illinoislegalaids.org</p>	<p><b>Illinois State Bar Association</b>  424 S Second St  Springfield , IL 62701  (217) 525-1760  1 (800) 252-8908</p>	<p><b>Illinois Telecommunications Access Corporation (ITAC)</b>  1 (800) 841-6167</p>
<p><b>Illinois' Veterans' Home - Chicago</b>  4250 N Oak Park Ave  Chicago , IL 60634  (773) 794-3763</p>	<p><b>Illinois' Veterans' Home- LaSalle</b>  1015 O'Conor Ave  LaSalle , IL 61301  (815) 410-8375</p>	<p><b>Illinois' Veterans' Home- Manteno</b>  1 Veterans Dr  Manteno , IL 60950  (815) 907-3506</p>
<p><b>Illinois' Veterans' Home- Quincy</b>  1707 N. 12th St  Quincy , IL 62301  (217) 222-8641 ext. 209</p>	<p><b>Illinois' Veterans' Home- Anna</b>  792 N Main St  Anna, IL 62906  (618) 833-5394</p>	<p><b>Illinois workNet</b>  1307 N Mattis Ave  Champaign, IL 61821  (217) 558-0401</p>
<p><b>IRS</b>  310 W Church St  Champaign, IL 61820  (844) 545-5640</p>	<p><b>Jones Notary, LLC</b>  302 Pershing Ct E  Philo, IL 61864  (314) 780-9370</p>	<p><b>Kessler Optical</b>  44 E Main St # 100  Champaign, IL 61820  (217) 356-5377</p>
<p><b>Land of Lincoln Legal Aid</b>  302 N 1st St  Champaign, IL 61820  (217) 356-1351</p>	<p><b>LGBT National Hotline - Seniors</b>  1 (888) 800-1409</p>	<p><b>LHC - Illinois Home Health Care</b>  3356 Big Pine Trail, Ste A &amp; B  Champaign, IL 61822  (217) 352-4387</p>

<p><b>Low Income Home Energy Assistance Program (LIHEAP)</b> 1776 E Washington St Urbana, IL 61802 (217) 384-1226</p>	<p><b>Mahomet Parks &amp; Recreation</b> 218 S Lake of the Woods Rd Mahomet, IL 61853 (217) 586-6025</p>	<p><b>MedServ Equipment Corp</b> 156A Lincoln Square Urbana, IL 61801 (217) 355-7971</p>
<p><b>Meyer Capel, PC (Estate Planning)</b> 306 W Church St Champaign, IL 61820 (217) 352-1800</p>	<p><b>MindWorks Mental Health</b> 328 N Neil St, Suite B Champaign, IL 61820 (217) 722-6336</p>	<p><b>NAMI Champaign</b> P.O. Box 3552 Champaign, IL 61826 (217) 419-5345</p>
<p><b>National Alliance for Mental Illness Helpline</b> 1 (800) 950-6264</p>	<p><b>National Call Center for Homeless Veterans</b> (877) 424-3838</p>	<p><b>National Domestic Violence Hotline</b> 1 (800) 799-7233</p>
<p><b>National Resource Database for Veterans</b> nrd.gov</p>	<p><b>National Seating &amp; Mobility</b> 3808 W Springfield Ave Ste B Champaign, IL 61822 (217) 355-1399</p>	<p><b>National Sexual Assault Hotline</b> 1 (800) 656-4673</p>
<p><b>National VA Health Care</b> 1 (877)-222-8387</p>	<p><b>National Veterans Crisis Line</b> 1 (800) 273-8255</p>	<p><b>Never Forgotten Services, PLLC</b> 207 E Oak St Mahomet, IL 61853 (217) 390-9135</p>
<p><b>OSF Faith in Action</b> 1400 W Park St Urbana, IL 61801 (217) 337-2000</p>	<p><b>OSF Faith in Action - Smart Meals</b> 1400 W Park St. Urbana, IL 61801 (217) 337-2889</p>	<p><b>OSF Health Care Community Resource Center</b> 1400 W Park St Urbana, IL 61801 (217) 337-2778</p>
<p><b>OSF Heart of Mary Medical Center</b> 1400 W Park St Urbana, IL 61801 (217) 337-2000</p>	<p><b>OSF Home Health &amp; Hospice</b> 1501 Interstate Drive, Ste C Champaign, IL 61822 (217) 355-4120</p>	<p><b>OSF Peace Meal</b> (309) 665-5900 or (833) 923-3905</p>
<p><b>OSF PRO Ambulance</b> (217) 337-2911</p>	<p><b>Osher Lifelong Learning Institute (OLLI)</b> 301 N Neil St, Suite 201 Champaign, IL 61820 (217) 244-9141</p>	<p><b>OT LIFE Clinic- Parkland College Occupational Therapy Assistant Program</b> 1309 N Mattis Ave Champaign, IL 61821 (217) 353-2760</p>



<p><b>PACE Center for Independent Living</b> 1317 East Florida Ave Urbana, IL 61801 (217) 344-5433</p>	<p><b>Paralyzed Veterans of America</b> 1 (800) 424-8200</p>	<p><b>Parkland College Dental Hygiene Clinic</b> 2400 W Bradley Ave Champaign, IL 61821 (217) 373-3860</p>
<p><b>Parkview Senior Apartment Homes</b> 100 Parkview Ln Savoy, IL 61874 (217) 352-3938</p>	<p><b>Prairie Winds of Urbana</b> 1905 Prairie Winds Dr Urbana, IL 61802 (217) 344-6400</p>	<p><b>Promise Healthcare Dental</b> 819 Bloomington Rd Champaign, IL 61820 (217)403-5477</p>
<p><b>Promise Healthcare Frances Nelson Clinic</b> 819 Bloomington Rd Champaign, IL 61820 (217) 356-1558</p>	<p><b>R Angell's Homecare Services</b> 1606 Willow View Rd Urbana, IL 61802 (217) 377-6018</p>	<p><b>Rantoul Recreation Department</b> 100 W Flessner Ave Rantoul, IL 61866 (217) 893-0461</p>
<p><b>Red Cross Services for Veterans</b> 1 (217) 278-9897</p>	<p><b>Reflections Memory Care</b> 62 E Airport Rd Savoy, IL 61874 (217) 359-6073</p>	<p><b>Retired and Senior Volunteer Program (RSVP) at Family Service</b> 405 S State St Champaign, IL 61820 (217) 359-6500</p>
<p><b>Rosecrance at Walnut Street</b> 801 N Walnut St Champaign, IL 61820 (217) 398-8080 (Mental Health), (217) 373-2430 (Substance Use)</p>	<p><b>Rosecrance Crisis Line</b> (217) 359-4141</p>	<p><b>Rosecrance on Moreland</b> 2302 Moreland Boulevard Champaign, IL 61822 (866) 330-8729</p>
<p><b>Round Barn Manor</b> 2000 W John St Champaign, IL 61821 (217) 351-9090</p>	<p><b>Salt &amp; Light</b> 1819 South Philo Rd Urbana, IL 61822 (217) 355-5654</p>	<p><b>Savoy Park District</b> 611 N Dunlap Avenue Savoy, IL 61874 (217) 359-5894</p>
<p><b>Savoy Place Memory Care</b> 406 Curtis Rd Savoy, IL 61874 (217) 600-3345</p>	<p><b>Savoy Therapy</b> 1907 W Springfield Ave Ste B Champaign, IL 61821 (217) 898-8393</p>	<p><b>Self-Help Center</b> 405 S State St Champaign, IL 61820 (217) 352-0099</p>

<p><b>Sideline MD</b> PO Box 17332 Urbana, IL 61803 (401) 217-9111</p>	<p><b>Social Security</b> 101 S Country Fair Dr Champaign, IL 61821 (877) 819-2593</p>	<p><b>St. Joseph Township-Swearingen Memorial Library</b> 201 N. Third St St. Joseph, IL 61873 (217) 469-2159</p>
<p><b>Steer Place</b> 1202 E Harding Dr Urbana, IL 61801 (217) 337-3325</p>	<p><b>Stephens Family YMCA</b> 2501 Fields S Dr Champaign, IL 61822 (217) 359-9622</p>	<p><b>Stevick Senior Center</b> 2102 Windsor Pl Champaign, IL 61820 217-359-6500</p>
<p><b>Suicide Hotline</b> 988 OR 1 (800) 273-8255</p>	<p><b>Sunnycrest Manor Apartments</b> 1805 S Cottage Grove Ave Urbana, IL 61801 (217) 328-6170</p>	<p><b>Sunset Funeral Home</b> 710 N Neil St Champaign, IL 61820 (217) 239-2874</p>
<p><b>Supplemental Nutrition Assistance Program (SNAP)</b> 206 W Anthony Dr Champaign, IL 61822 (217) 278-5605</p>	<p><b>Synergy HomeCare</b> 2860 S Philo Rd, Unit G Urbana, IL 61802 (217) 318-0268</p>	<p><b>The EYE Center</b> 2151 S Neil Street Champaign, IL 61820 (217) 352-2020</p>
<p><b>The Glenwood Assisted Living of Mahomet</b> 1709 S Division St Mahomet, IL 61853 (217) 586-5100</p>	<p><b>The Landing at Legends</b> 4503 Legends Dr Champaign, IL 61822 (217) 267-6152</p>	<p><b>The McDonald Group Realty</b> 502 W Clark St Suite 200 Champaign, IL 61820 (602) 312-1030</p>
<p><b>The Pavilion Hospital</b> 809 West Church Street Champaign, IL 61820 (217) 373-1700</p>	<p><b>The Salvation Army of Champaign County</b> 2212 N Market Street Champaign, IL 61822 (217) 373-7832</p>	<p><b>The Urbana Free Library</b> 210 W Green St Urbana, IL 61801 (217) 367-4057</p>
<p><b>The Vineyard Church - HopeCenter</b> 1802 N Lincoln Ave Urbana, IL 61801 (217) 607-5654</p>	<p><b>Traditions Health: Hospice, Palliative &amp; Home Health Care</b> 7800 N Sommer St, Ste 410 Peoria, IL 61615 (309) 698-3060</p>	<p><b>Transitions Care</b> 201 N Randolph St Champaign, IL 61820 (877) 726-6494</p>

<p><b>United Access</b> 706 West Bradley Ave Champaign , IL 61820 (217) 903-3681</p>	<p><b>Uniting Pride LGBTQ+ Resource Center</b> University YMCA, 1001 South Wright St Champaign, IL 61820 (217) 898-5235</p>	<p><b>University of Illinois Extension</b> 1301 W Gregory Dr Champaign, IL 61801 (217) 333-5900</p>
<p><b>Urbana Park District</b> 505 W Stoughton St Urbana, IL 61801 (217) 367-1544</p>	<p><b>USDA Rural Development</b> 2110 W Park Court, Suite B Champaign, IL 61821 (217) 352-3536 ext. 4</p>	<p><b>VA Iliana Health Care System</b> 1900 E Main St Danville , IL 61832 (217) 554-3000</p>
<p><b>Veterans Assistance Commission</b> 1776 E Washington St Urbana , IL 61802 (217) 819-3556</p>	<p><b>Veterans' Hotline</b> 1 (877) 424-3838, ext 1</p>	<p><b>Villas of Holly Brook: Rantoul</b> 722 Stone Bridge Center Dr Rantoul, IL 61866 (217) 282-9854</p>
<p><b>Villas of Holly Brook: Savoy</b> 68 E Airport Rd Savoy, IL 61874 (217) 359-6224</p>	<p><b>Vision USA</b> (217) 352-6533 (Ask for the Consumer Health Hotline)</p>	<p><b>Visiting Angels</b> 1800 Woodfield Dr, Suite C Savoy, IL 61874 (217) 954-0775</p>
<p><b>Walk with a Doc</b> Meadowbrook Park, 2808 S Race St Urbana, IL 61802 (401) 217-9111</p>	<p><b>Windsor of Savoy</b> 401 Burwash Ave Savoy, IL 61874 (217) 351-1437</p>	



If you have any questions, please contact us at  
[AgingServicesChampaign@gmail.com](mailto:AgingServicesChampaign@gmail.com).



**AGING SERVICES**  
OF CHAMPAIGN COUNTY