



Help for seniors during the Corona-virus Crisis

HOW DO YOU FEEL?

Are you feeling anxious or depressed?

You can call to speak to a senior depression counselor and be screened/referred for free in home counseling services: 815.701.6605

If you feel lonely, you can call the Institute on Aging's Friendship Line: 800.971.0016

WHAT ELSE DO YOU NEED?

FOOD or GROCERIES: There is help available for home delivered meals, food pantry items, and even proxy shoppers who will do the shopping for you.

TRANSPORTATION to medical appointments and proxy medication pick up is also available.

Call Senior Service Associates in McHenry at 815.344.3555

THINGS TO DO

It's important to continue activities as much as possible when spending more time at home. These free activities were compiled by CJE Senior Life & require a computer/smart phone

1. Free livestream opera via your computer or smartphone:

More info: https://www.playbill.com/article/metropolitan-opera-after-shutting-its-doors-will-offer-free-streams-from-live-in-hd-catalog?fbclid=IwAR04hk55tkzGJp3ITxnwOhGDi2-IH3S3QSYMA_0b_SpU4oDXZBck771r_0k

To participate: <https://www.metopera.org/>

2. Free online classes:

http://www.openculture.com/freeonlinecourses?fbclid=IwAR1UzT9rNbck_pz-5ObOcQMZ2a389fkIDQrxmHv-7XElezdvTPm9v-Kagcs

To participate: <https://www.mooc.org>

3. Free virtual museum tours via your computer or smart phone:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

4. While the "Phone a Poem" daily call in program is no longer around, these recordings have been archived and can be accessed on a computer at this link:

<http://www.openculture.com/2013/05/phone-a-poem.html>

5. These programs are a resource that can be accessed via a landline telephone or any other telephone, but please register first. Call this number: (888) 600.2560 or you can register online.

<https://www.mather.com/neighborhood-programs/telephone-topics>