

**Congressman**  
**DANNY K. DAVIS**



**RESOURCES TO  
HELP WITH**

**C**

**ORONAVIRUS**

Office of Congressman Danny K. Davis  
2813-15 W. Fifth Ave  
Chicago, IL 60612  
773-533-7520  
[WWW.DAVIS.HOUSE.GOV](http://WWW.DAVIS.HOUSE.GOV)



Dear Resident:

Never during our lifetimes have we, the people, had such a challenging experience as coping with the pandemic known as the coronavirus.

Each level of government, from local to national or from national to local are responding in whatever way the leadership of that entity can generate and get others to follow. Also, not for profits, faith-based groups, philanthropic organizations, private businesses, individuals, and others have stepped up to the plate and are doing miraculous work.

I am extremely proud of the work being done by the U. S. House of Representatives led by our Speaker, the Honorable Nancy Pelosi and our leadership team who have led the effort to try and make sure that every person in our country is well protected, that we have resources in place, and that we can preserve and rebuild our economy and our lives once the virus is arrested.

I commend our Governor, Mayor, and County Board President for their leadership on this crisis and thank all of our health personnel and first responders for their courageous, heroic, and frontline work.

Now comes what each one of us can do?

- First and foremost, I recommend and strongly urge that all residents follow the STAY IN PLACE policies promulgated by any units of government and public health officials.
- Social distancing is a recognized approach to trying to stop the spread of the virus, let's use it to the hilt, let's stay away from crowds, keep a safe distance, even from people with whom we are familiar.
- Cover mouth and noses when coughing or sneezing, wash hands frequently with soap and warm water, do everything possible to stay healthy.
- For extra precaution, Face masks or protective covering can be used

If we follow all of these recommendations, we will overcome this crisis and begin to ease the suffering for so many.

Sincerely,

Danny K. Davis

Congressman, 7th District

## Economic Impact Payments: What you need to know

<https://www.irs.gov/coronavirus>

The distribution of economic impact payments should begin immediately and distributed automatically, with no action required for most people. Please do not call the IRS about this. Call our office if you have additional questions at 773-533-7520.

### **The IRS will automatically issue economic recovery payment to social security beneficiaries.**

#### **At what income levels do the rebates end?**

The rebate depends on family size and decreases by \$5 for every \$100 over the maximum income. Here is a general idea.

<b>Filing Status</b>	<b>Potential Rebate</b>	<b>Maximum Rebate Until</b>	<b>No Rebate After</b>
Single, No Children	\$1,200	\$75,000	\$99,000
Head of Household, 1 Child	\$1,700	\$112,500	\$146,500
Head of Household, 2 Children	\$2,200	\$112,500	\$156,500
Joint Filers, No Children	\$2,400	\$150,000	\$198,000
Joint Filers, 1 Child	\$2,900	\$150,000	\$208,000
Joint Filers, 2 Child	\$3,400	\$150,000	\$218,000

#### **Is there a cap on the number of children that I can get a rebate for?**

No, one will receive the \$500 payment for each child under age 17.

#### **Will I get a rebate for my 19-year-old child living with me or my 22-year-old who is disabled?**

Unfortunately, we were unable to include those individuals in the package.

#### **Will my rebate be penalized if I am a retiree who is subject to the Windfall Elimination Penalty or the Government Pension Offset?**

No,

#### **If I have defaulted on my federal student loans or owe the IRS money, will the government take my rebate?**

No, the government will not take your Emergency Rebates.

#### **If I have a child support order in effect, will the government garnish my rebate?**

Yes, the government will garnish your rebate if you have a child support order in effect.

#### **What if my income changed a lot since my 2018 or 2019 tax return?**

- To ensure the rebates go out quickly, the IRS is using the most recent tax return.
- If your income has been reduced and you believe you qualify for a higher rebate, the IRS will provide a way for taxpayers to apply for the adjusted amount.
- Check the IRS website – [www.IRS.gov/coronavirus](https://www.irs.gov/coronavirus) for updates.

# BUSINESS

## **Relief for struggling businesses:**

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-2>

### **Access to Capital**

- \$349 billion for forgivable loans to small businesses to pay employees and keep them on the payroll.
- These loans are open to most businesses under 500 employees, non-profits, the self-employed, startups, and cooperatives.
- SBA will pay the principal and interest for the next 6-months on SBA-backed loans.
- That would help 320,000 small businesses and any new borrowers in the 7(a) or 504 programs.
- \$10 billion in immediate disaster grants. Using the current economic injury disaster loan program, SBA can provide up to \$10,000 to applicants within 3 days of applicants self-certifying they are eligible.

### **Full federal funding for Short-term Compensation Programs**

Allows struggling employers to enter into agreements with state Unemployment Compensation programs to reduce employee hours and have them collect partial UC for the lost hours.

### **Paycheck Protection Program**

<https://www.sba.gov/funding-programs/loans/paycheck-protection-program-ppp>

- The bill establishes a new guaranteed loan program at SBA for small businesses to cover payroll during the immediate crisis.
- Support \$349 billion in 100 percent guaranteed, low interest,
- No fee loans of up to \$10 million with repayment deferred for at least six months; and
- Forgives up to 100% of the loan if the borrower has retained the same number of employees as when they received the loan.
- Yes and No. The amount of the loan forgiven at the end of the year will be determined by how many employees were retained on the company's payroll, up to 100 percent for full retention.

### **Emergency Economic Injury Grants**

<https://covid19relief.sba.gov/#/>

- Small businesses, cooperative, ESOPS, private non-profits, independent contractors and the self-employed would be eligible to receive up to \$10,000 to cover immediate payroll, mortgage, rent, and other operating expenses while they wait for additional relief to be processed.
- Independent contractors, the self-employed, private non-profits, and small businesses and medium sized businesses with up to 500 employees, including startups, cooperatives, and ESOPs.
- Churches are eligible, but limited to business activities.

### **SBA Debt Relief**

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-2>

The SBA Debt Relief program will provide a reprieve to small businesses as they overcome the challenges created by this health crisis.

Under this program:

- The SBA will also pay the principal and interest of **new 7(a) loans** issued prior to September 27, 2020.

- The SBA will pay the principal and interest of **current 7(a) loans** for a period of six months.
- **Chicago Small Business Resiliency Fund**
- <https://www.connect2capital.com/partners/chicago-small-business-resiliency-fund/>
- The Resiliency Fund is structured to complement the new federal Paycheck Protection Program that the Small Business Administration (SBA).
- Administered through lending partners, including Accion Serving Illinois and Indiana and the Community Reinvestment Fund, USA (CRF).

### **State of Illinois — Potential Closure or Layoff**

<https://www.illinoisworknet.com/LayoffRecovery/Pages/RapidResponseServices.aspx>

Rapid Response Services are available to employers who are planning or have gone through a permanent closure or mass layoff at a plant, facility, or enterprise, or a natural or other disaster, that results in mass job dislocation. For more information, visit [Rapid Response Services for Businesses](#) or contact your local Illinois workNet Center.

## **DOMESTIC VIOLENCE**

### **Illinois Domestic Violence Hotline**

24 hours a day, 7 days a week.

Call or text 877-863-6338 for confidential help and information.

### **Order of Protection**

courthouse located at 555 W Harrison even during the Stay Home Order issued on 3/20/20.,  
victim of sexual violence/abuse

the confidential rape crisis hotline 1-888-293-2080

### **Human Trafficking**

STOP IT program 24/7 free and confidential Hotline 877-606-3158

## **EDUCATION**

### **Food at Chicago Public Schools**

<https://cps.edu/mealsites>

Monday – Friday, 9am-1pm

- Free meals (breakfast and lunch)
- Every young person under 18 years old is eligible
- No child will be turned away.
- They will receive 3 days of meals for each child
- 1-773-553-KIDS or email at [familyservices@cps.edu](mailto:familyservices@cps.edu) to make a request for food delivery.

### **Student Loans**

- Monthly loan payments are halted until September 30, 2020.
- No fees, no default and garnishments for federal student loans

### **Chicago Public Library**

(312) 747-4300 , <https://www.chipublib.org/kids-subject/kids-dbs-a-to-z/>

Online learning resources for both [kids](#) and [teens](#), along with [ebooks and magazines](#)

### **Enrichment Learning Resources**

<https://cps.edu/Pages/EnrichmentLearningResources.aspx>

### **Chicago Public Schools Command Center**

[773-553-KIDS \(5437\)](https://cps.edu/773-553-KIDS)

[familyservices@cps.edu](mailto:familyservices@cps.edu)

### **Remote Learning**

<https://cps.edu/remoteteaching>

### **Chicago Healthy Adolescents and Teens**

A program coordinated by the Chicago Department of Health and the Chicago Public Library and funded by the U. S. Department of Health and Human Resources.

<https://www.chataboutit.org/>

## **EMPLOYMENT/JOBS**

**Advocacy:** <https://www.arisechicago.org/>

**Industries hiring during COVID-19**

<https://www.scfjobs.com/>

### **Federal Relief for Workers**

- Full, \$1,200 economic assistance payments for American adults, including for the lowest income taxpayers whether individuals hold a job or not
- **Expanded eligibility** to cover self-employed, “gig economy” workers, and individuals who couldn’t start work due to COVID-19
- Examples of “gig economy” include uber or lift drivers, doordash, etc.

### **Unemployment Insurance**

- **An additional \$600 per week** for the next four months for any worker affected by COVID-19 and eligible for state or federal unemployment compensation (UC) benefits.
- **13 weeks of additional UC benefits** for those who need them, in all states.

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#### **State of Illinois current Guidelines**

You qualify for unemployment insurance if you are confined to your home because you have COVID-19, to take care a spouse, parent or child, if a medical professional has diagnosed as having COVID-10 or because of a because of a government-imposed or government-recommended quarantine. You must still follow the same procedures: 1) apply for unemployment 2) show proof searching for unemployment in a confined environment.

### **Local Social Service Agencies (EXAMPLES OF AGENCIES):**

#### **Central States SER (Healy Center)**

100 North Western Avenue, Chicago, IL 60623

Adult (ages 18+), Laid off/Dislocated Workers

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#### **Manufacturing Renaissance**

3411 West Diversey Avenue, Chicago, IL 60647

Business Workforce Services, Career Coaching, Financial Literacy, Individuals with Disabilities, Interview Preparation, Job Placement, Job Shadowing, Mentoring, On-site Occupational Training, Out-of-School Youth (16-24), Paid Work Experiences/ Internship, Resume Writing, Tutoring

### **New Moms**

5317 West Chicago Avenue, Chicago, IL 60651

Out-of-School Youth (16-24)

### **North Lawndale Employment Network**

906 South Homan Avenue, Chicago, IL 60624

Adult (ages 18+), Career Coaching, Interview Preparation, Job Clubs, Job Placement, On-site Occupational Training, On-the-Job Training, Out-of-School Youth (16-24), Paid Work Experiences/ Internship, Referrals to Occupational Training, Resume Writing

### **UCAN**

5420 West Roosevelt Road, Chicago, IL 60624

Career Coaching, Interview Preparation, Job Clubs, Job Placement, Out-of-School Youth (16-24), Paid Work Experiences/ Internship, Referrals to Occupational Training, Resume Writing, Student Outreach and Re-Engagement (SOAR)

### **Westside American Job Center**

605 South Albany Avenue, Chicago, IL 60612

Adult (ages 18+), Business Workforce Services, Career Coaching, Digital Literacy, English as a Second Language (ESL) Referrals, Ex - Offenders, Financial Literacy, GED Referrals, Individuals Experiencing Homeless, Individuals with Disabilities, Interview Preparation, Job Clubs, Job Placement, Job Shadowing, Laid off/Dislocated Workers, Mentoring, On-site Occupational Training, On-the-Job Training, Paid Work Experiences/ Internship, Post - secondary/College Preparation, Public Aid Referrals, Public Housing Residents, Referrals to Occupational Training, Resource Room, Resume Writing, Tutoring, Unemployment Assistance, Veterans

## **PAID SICK LEAVE**

<https://www.dol.gov/agencies/whd/pandemic/ffera-employee-paid-leave>

1-866-4-US-WAGE

1-866-487-9243

Requires certain employers to provide employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19. Generally, the Act provides that employees of covered employers are eligible for:

**Covered Employers:** apply to certain public employers, and private employers with fewer than 500 employees.

**Eligible Employees:** *All employees* of covered employers are eligible for two weeks of paid sick time for specified reasons related to COVID-19. *Employees employed for at least 30 days* are eligible for up to an additional 10 weeks of paid family leave to care for a child under certain circumstances related to COVID-19.

### **WHAT'S COVERED:**

- *Two weeks (up to 80 hours) of **paid sick leave** at the employee's regular rate of pay* where the employee is unable to work because the employee is quarantined.
- *Two weeks (up to 80 hours) of **paid sick leave** at two-thirds the employee's regular rate of pay* because the employee is unable to work because of a bona fide need to care for an individual subject to quarantine.
- *Up to an additional 10 weeks of **paid expanded family and medical leave** at two-thirds the employee's regular rate of pay* where an employee, who has been employed for at least 30 calendar days, is unable to work due to a bona fide need for leave to care for a child whose school or child care provider is closed or unavailable for reasons related to COVID-19.

## **FOOD** (examples of food distribution locations):

### **Chicago Public Schools**

<https://cps.edu/mealsites>

Monday – Friday, 9am-1pm

- Free meals (breakfast and lunch)
- Every young person under 18 years old is eligible
- No child will be turned away.
- They will receive 3 days of meals for each child
- 1-773-553-KIDS or email at [familyservices@cps.edu](mailto:familyservices@cps.edu) to make a request for food delivery.

### **St Martin De Porres Church Food Pantry**

5112 W Washington Blvd, Chicago, IL 60644 (773) 287-0206

HOURS: Wednesday and Thursday: 10:00 am - 12:00 pm

SERVICE AREA: N: Lake St - S: Roosevelt Blvd.; E: Cicero Ave - W: Central

### **Hope Community Church Food Pantry**

5900 W Iowa, Chicago, IL 60644 (773) 921-2243

HOURS: Friday 12:00pm-2:00pm

SERVICE AREA: Zip Codes: 60644 and 60651

### **Manna Food Pantry (HUD)**

1230 S Millard Ave, Chicago

### **Marillac House Food Pantry**

2859 W Jackson Blvd, Chicago, IL 60612 (773) 584-4539

HOURS: Monday 11:00am-1:30pm;

Wednesday 3:00pm-6:00pm; Friday 10:00am-12:30pm

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### **New Morning Star MBC Pantry (HUD)**

206 S Hamlin Blvd, Chicago

### **The Greater Chicago Food Depository**

- Food Pantry Assistance
- SNAP benefits
- COVID-19 related job losses

773-843-5416 Monday-Friday between 8:30 a.m. and 5 p.m.

### **Meals on Wheels** For Seniors

The home-delivered meal program for seniors is managed by The Chicago Department of Family & Support Services (312) 744-4016.

### **BraveSpace Alliance (transgender, queer on Southside)**

<https://www.bravespacealliance.org/> , (773) 333-5199

Delivering food to LGBTQ and transgender individuals, regardless of immigration status.

## **For Individuals with Disabilities**

Chicago Mayor's Office for People with Disabilities (MOPD) at (312) 744-6673.

### **HOMELESS SHELTER DIRECTORY**

<https://www.homelessshelterdirectory.org/cgi-bin/id/cityfoodbanks.cgi?city=Chicago&state=IL>



There is no treatment or cure for COVID-19

## WHAT TO LOOK FOR? SYMPTOMS:

**FEVER      COUGHING      DIFFICULTY BREATHING**

### **SOCIAL DISTANCING – AT LEAST 6 FT    WASH HANDS**

- For most people, the illness is generally mild and can be safely managed at home.
- Testing is only indicated for individuals who are at risk of serious illness, like people over 60 or with underlying medical conditions.
- Everyone, regardless of whether they have symptoms, should practice social distancing and good hand hygiene.

U. S. Department of Health and Human Services/HRSA will provide CoVID-19 screenings:  
**SEE THE BACK OF THE BOOK FOR COMMUNITY HEALTHCARE CLINICS** or  
<https://findahealthcenter.hrsa.gov>

### **Other Healthcare Resources:**

#### **Rush University Medical Center**

(888) 352-7874, Monday – Friday: 8 a.m. to 7 p.m.; Saturday: 9 a.m. to 1 p.m.

#### **Infection Prevention and Control**

800-232-3060 Monday-Friday, 7 a.m. – 5 p.m.

Call 800-232-4636, <https://wwwn.cdc.gov/dcs/contactus/form>

**Chicago Department of Public Health, (312) 746-4835**

**Illinois Department of Public Health COVID-19 Hotline, (800) 889-3931, [dph.sick@Illinois.gov](mailto:dph.sick@Illinois.gov)**

Primary health care services at local health centers at a reduced cost or free of charge depending on Economic status. email: [coronavirus@chicago.gov](mailto:coronavirus@chicago.gov).

**WIC Clinics:** Clinics are still open and seeing clients. Staff members will conduct telephonic appointments as possible and offer curbside delivery of food.

State WIC Office at (217) 782-2166

#### **Federal Relief for Hospitals and Patients:**

**\$100 billion of additional funding** to support strained hospitals caring for coronavirus patients.

**Free vaccines for individuals. Telehealth flexibility.** Federally Qualified Health Centers and Rural Health Centers will be able to bill directly for telehealth services during the coronavirus crisis.

**The legislation pauses the Medicare sequester** during the duration of the COVID-19 emergency, giving Medicare providers an immediate two percent increase in their Medicare payments.

#### **HIV Resources**

1-844-HUB-4040

<https://www.aidschicago.org/page/our-work/care-services/hiv-resource-hub>

- Help with emergency financial assistance (rent, utility payments, COVID-19-related support) for people who are living with HIV and who are HIV-negative and taking PrEP.
- Help with HIV to medications, case management, medical care, food, mental health, substance abuse treatment and more, or connect people vulnerable to HIV to PrEP, HIV testing,

medical care and more. Services are available in Chicago, Cook County and the Collar Counties.

**American Kidney Fund** <http://gms.kidneyfund.org>

Coronavirus Emergency Fund to Help Low-Income Dialysis and Transplant Patients.

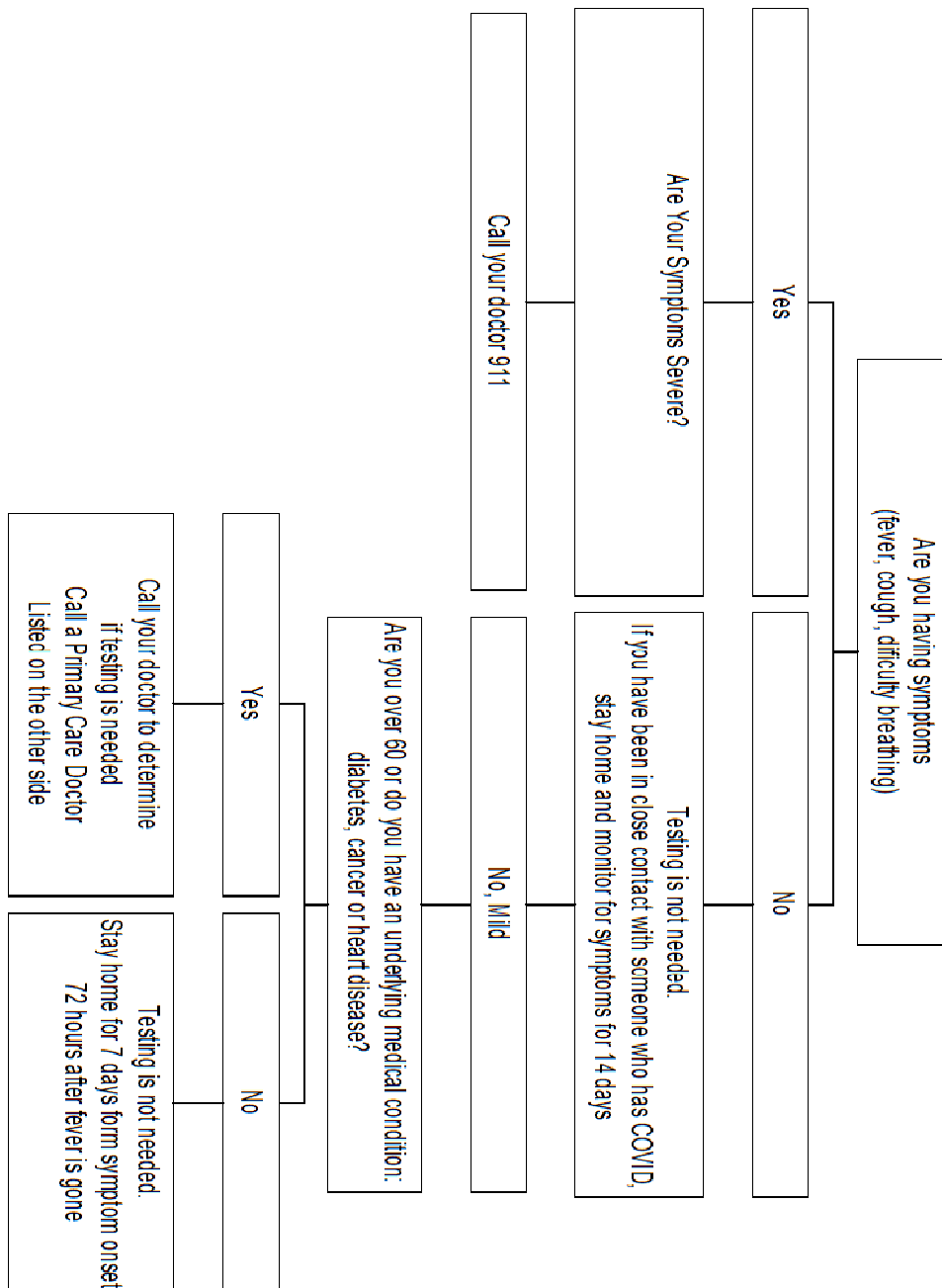
Individuals or organizations can apply online at <http://gms.kidneyfund.org>

### ABBVIE

Last week, AbbVie announced a number of donations for health care systems and communities responding to COVID-19.

<https://www.abbvie.com/covid-19crf.html>

## CORONAVIRUS CHECK — FOLLOW THESE STEPS



# **HOMELESS SHELTERS**

(examples of locations of shelters)

## **U. S. Department of Housing and Urban Development**

Find shelter website: <https://www.hud.gov/findshelter>

### **Primo Center For Women-Children**

4241 W Washington Blvd, Chicago

6212 S Sangamon St

Chicago, IL 60621

(773) 722-0544

Primo Center For Women And Children's mission is to empower women and children to become productive, responsible and independent members of their community.

### **Breakthrough Urban Ministries**

402 N St. Louis Ave

Chicago, IL 60624

(773) 346-1785

Breakthrough's men's and women's transitional housing shelters first aim to meet immediate needs of food and shelter through their kitchens,, etc

### **The Boulevard**

3465 W Franklin Boulevard

Chicago, IL 60624

(773) 533-6013

### **Cornerstone Community Outreach-Jireh House**

3122 W 59th St

Chicago, IL 60629

(773) 498-4964

Cornerstone Community Outreach (CCO) was created in 1989 as a non-profit organization to raise the quality of life for low-income residents of Chicago

### **Deborah's Place for women**

2822 West Jackson Blvd.

Chicago, IL 60612

(773) 722-5080

### **Joshua Ministries Shelter**

200 S Sacramento Blvd,

Chicago, IL 60612

(773) 533-2761

### **Family Rescue**

6822 S Ridgeland Ave # 1E, Chicago

### **Franciscan Outreach**

2715 W. Harrison St.

Chicago, IL 60612

(773) 265-6683

### **Housing Forward**

1851 S 9th Street

Maywood, IL 60513

(708) 338-1724

The goal of Housing Forward is to transition people from housing crisis to housing stability.

**Pacific Garden Mission**

1458 S Canal St.  
Chicago, IL 60607  
(312) 492-9410

The Homeless Outreach at Pacific Garden Mission meets the immediate physical needs: food, clothing, and a comfortable and safe place to sleep.

**The Night Ministry - Open Door Shelter for Youth**

1110 N. Noble Street  
Chicago, IL 60622  
(773) 506-4100

**A Safe Haven Foundation for Women and Children**

2750 West Roosevelt Road  
Chicago, IL 60608  
(773) 435-8300

**St. Sabina Young Adult Samaritan Program Transitional Housing**

7909 S Racine Ave  
Chicago, IL 60620  
(773) 783-3760

A transitional housing for young adults between the ages of 18-35. They also offer employment support, GED preparation, social services, financial education

**St. Martin de Porres House of Hope Inc. For Women**

6423 South Woodlawn Avenue  
Chicago, IL 60637  
(773) 643-5843

St. Martin de Porres House of Hope is a safe, healing community where women and their children recover from substance abuse.

**You Can Make It - Family Shelter**

5050-5052 S. Laflin  
Chicago, IL 60609  
(773) 890-9681

## **HOUSING**

**U. S. Department of Housing and Urban Development**

Fair Housing:

(800) 669-9777 or (800) 877-8339 for TTY

FHA Single Family: [Answers@hud.gov](mailto:Answers@hud.gov), 1-800-Call-FHA

**Evictions**

- All residential evictions are suspended for 30 days in Cook County.
- All residential evictions in FHA, Fannie Mae, Freddie Mac and VA housing are suspended for 120 days.
- All rent payments in FHA, Fannie Mae, Freddie Mac and VA housing are suspended.
- All late fees in FHA, Fannie Mae, Freddie Mac and VA housing are not allowed.
- The City of Chicago has ordered all utility shut offs to stop.
- All non-essential court proceedings are suspended.
- Attorney General's office is investigating complaints of price gouging.

## **Foreclosures**

FHA-insured Title II Single Family forward and Home Equity Conversion (reverse) mortgages, and directs mortgage servicers to:

- Halt all new foreclosure actions and suspend all foreclosure actions currently in process; and
- Cease all evictions of persons from FHA-insured single-family properties.

## **Rental Assistance**

**Englewood Community Service Center**  
1140 West 79th Street, Chicago, IL 60620  
312-747-0200

**Garfield Community Service Center**  
10 South Kedzie Avenue, Chicago, IL  
60612, 312-746-5400  
Apply: Daily, Monday-Friday, 9-10 a.m.

**Dr. Martin Luther King Community Service Center**  
4314 S. Cottage Grove, Chicago, IL 60653  
312-747-2300

**South Chgo Community Service Center**  
8650 S. Commercial Ave, Chgo, IL 60617  
312-747-0500

**Office of Community Assistance**  
Illinois Department of Commerce  
217.785.2533, [communityassist@illinois.gov](mailto:communityassist@illinois.gov)

**Community and Economic Development Association of Cook County, Inc. (CEDA)**  
text "CEDA" to 313131. <http://www.cedaorg.net/www2/Energy.html>., Toll-Free Hotline: (800) 571-2332

**IHDA—Illinois Housing and Development Authority**  
Homeownership/Single Family Questions:  
[mortgage@Aihda.org](mailto:mortgage@Aihda.org), Tenant concerns: 312-836-5200

## **INTERNET**

The Illinois Commerce Commission (ICC) issued an emergency order requiring:

- Moratorium on disconnections for non-payment and suspension of late fees until May 1, 2020, or until the end of the Governor's COVID-19 state of emergency if it goes beyond May 1.
- Free/Low Cost Internet:

The National Digital Inclusion Alliance has <https://www.digitalinclusion.org/free-low-cost-internet-plans/>.

AT&T - <https://about.att.com/pages/COVID-19.html>

Comcast/Xfinity - <https://www.xfinity.com/prepare>

Dish - <http://about.dish.com/2020-03-13-COVID-19-Response-DISH-Lends-Critical-Spectrum-to-T-Mobile-in-Effort-to-Bolster-Nationwide-Wireless-Capacity-to-Help-Consumers>

Earthlink <https://www.earthlink.net/keep-americans-connected/>

Sprint/T-Mobile - <https://www.sprint.com/en/landings/covid-19.html?INTCID=HPB:ALL:ALL:COVID19:LP>

US Cellular - <https://www.uscellular.com/covid-19>

Verizon - <https://www.verizon.com/about/news/our-response-coronavirus>

# **MENTAL HEALTH**

## **The Disaster Distress Helpline**

Call [1-800-985-5990](tel:1-800-985-5990) or text **TalkWithUs to 66746** to connect with a trained crisis counselor, 365-day-a-year

- A national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- Toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.
- Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.

## **NAMI Chicago**

For emotional problems or depression, trouble sleeping:

Call 311 or [NAMI Chicago](tel:833-626-4244) Helpline 833-626-4244 for a mental health counselor.

## **Bright Star Community Outreach**

- helpline at 833-TURN-123
- For after hours, there is the Crisis Text Line which serves anyone, in any type of crisis, 24-hours a day. Instructions: Text HELLO to: 741741 to access a trained crisis counselor.

## **SENIORS** Senior HelpLine 1-800-252-8966

Additional Helpline: [1-800-677-1116](tel:1-800-677-1116)

<https://eldercare.acl.gov/>

**The IRS will automatically issue economic recovery payment to social security beneficiaries.**

## **Take care of yourself!**

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People who are 65 or older are more likely to have serious COVID-19 illness. Why?

- May be because immune systems change with age, making it harder to fight off diseases and infection.
- Older adults also are more likely to have underlying health conditions that make it harder to cope with and recover from illness.
- People of any age who live in a nursing home or long-term care facility are at higher risk.

Other people who may be at higher risk to contract COVID-19, regardless of age or disability, include:

- People with chronic lung disease or moderate-to-severe asthma
- People who have serious heart conditions
- People with severe obesity (body mass index [BMI]  $\geq 40$ )
- People with underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk

## **What you are entitled to:**

Illinois may use Title III-B, C-1, C-2, D, and/or E funds for any disaster relief activities for older individuals or family caregivers served under the OAA, which may include, but are not limited to:

- Providing drive through, take out, or home-delivered meals

- Providing well-being checks via phone, in-person, or virtual means
- Providing homemaker, chore, grocery/pharmacy/supply delivery, or other services.

### **Grocery and Other Retailers** with Dedicated shopping hours

**Whole Foods:** Customers age 60 and older can shop daily an hour before stores open to the general public. So, if a store opens at 9 a.m., for example, seniors have access at 8 a.m.

**Target:** The first hour of shopping each Wednesday is reserved for the elderly and other vulnerable populations, such as those with compromised immune systems.

**Jewel-Osco:** Senior shoppers are being given priority from 7-9 a.m. Tuesdays and Thursdays. When: Policy is already in effect.

**Mariano's:** The grocer has set aside two hours daily — 6 to 8 a.m. — for seniors and those with underlying health conditions. When: Policy is already in effect.

**Walmart:** Customers ages 60 and older can shop every Tuesday an hour before stores open. Walmart pharmacies and vision centers will also be open during this time. When: March 24 through April 28.

**Tony's Fresh Market:** Senior priority shopping hours are in effect 7-9 a.m. on Tuesdays and Thursdays. Beginning Tuesday, March 24.

## **TAXES**

### **Federal**

<https://www.irs.gov/coronavirus>

- July 15, 2020 --New deadline to file federal taxes
- The IRS has temporarily closed all Taxpayer Assistance Centers and discontinued face-to-face service throughout the country until further notice.
- Suspending default payments on IRS Taxes

### **State**

[https://www2.illinois.gov/rev/Pages/Taxpayer-Resources-during-COVID-19-\(Coronavirus\)-Outbreak.aspx](https://www2.illinois.gov/rev/Pages/Taxpayer-Resources-during-COVID-19-(Coronavirus)-Outbreak.aspx)

Illinois Residents have until July 15, 2020 to file income taxes.

(800 732-8866)

### **City Of Chicago**

- Temporarily suspending debt collection, ticketing, and towing
- The City is also extending due dates for tax payments until April 30, 2020:
 

Bottled Water tax	Checkout Bag tax
Amusement tax	Hotel Accommodation tax
Restaurant tax	Parking tax

## VETERANS

Veterans with symptoms should immediately contact their local VA facility. VA urges Veterans to contact VA before visiting

### **Jesse Brown Department of Veterans Affairs Medical Center**

820 South Damen Avenue  
Chicago, IL 60612-3728  
Main Number: 312-569-8387 Mental Health: 312-569-7225

### **Chicago Regional Benefit Office**

2122 W. Taylor Street  
Mailing: VA Claims Intake Center, P.O. Box 5235, Janesville, WI 53547  
Chicago, IL 60612 Main Number: 1-800-827-1000

### **Chicago VA Clinic**

1141 South California Avenue  
Community Resource & Referral Center (CRRC)  
Chicago, IL 60612-9998 Main Number: 312-569-5750

### **Edward Hines Junior Hospital**

5000 South 5th Avenue  
Hines, IL 60141-3030 **Main Number:** 708-202-8387  
**Mental Health:** 708-202-2002

### **Lakeside VA Clinic**

211 East Ontario Street  
Chicago, IL 60611-3468  
Main Number: 312-469-4850 Mental Health: 312-569-7225

### **Oak Park Vet Center**

1515 South Harlem Avenue  
Forest Park, IL 60130  
Main Number: 708-457-8805

### **Federally Qualified Health Centers:**

**<https://findahealthcenter>**



## **AUSTIN COMMUNITY**

Access Community Health Network  
4909 W Division St Ste 50, 60651-3161  
773-364-4600,  
<http://www.accesscommunityhealth.net>

UNIVERSITY OF ILLINOIS  
3240 W Division St, Chicago 60651-2405  
312-413-7425,  
<http://hospital.uillinois.edu/patient>

PCC COMMUNITY WELLNESS CENTER  
5425 W Lake St, Chicago 60644-2342  
773-378-3347, <http://www.pccwellness.org>

PCC COMMUNITY WELLNESS CENTER  
115 N Parkside Ave Fl 1, Chicago 60644-3040  
708-295-3060, <http://www.pccwellness.org>

LAWNDALE CHRISTIAN HEALTH CENTER  
415 S Kilpatrick Ave, Chicago 60644-4923  
872-588-3000, <http://www.lawndale.org>

### **Community: East Garfield Park**

ERIE FAMILY HEALTH CENTER, INC.  
1147 N Western Ave, Chicago 60622-2931  
773-394-8821, <http://www.riefamilyhealth.org>

Primecare Community Health, Inc.  
1431 N Western Ave Ste 40, 60622-1797  
312-491-5250, <http://www.primecarechi.org>

ERIE FAMILY HEALTH CENTER, INC.  
2418 W Division St, Chicago 60622-2940  
312-432-7394, <http://www.riefamilyhealth.org>

### **Community: GARFIELD PARK**

Access Community Health Network  
2409 W Warren Blvd, Chicago 60612-2115  
312-733-4475,  
<http://www.accesscommunityhealth.net>

LAWNDALE CHRISTIAN HEALTH CENTER  
S Kedzie Ave, Chicago 60612-2705

872-588-3000, <http://www.lawndale.org>

Heartland International Health Centers  
3015 W Harrison St Ofc 2, Chicago 60612-3342

### **Community: NORTH LAWNDALE**

LAWNDALE CHRISTIAN HEALTH CENTER  
3517 W Arthington St Side, 60624-4165 872-  
588-3000, <http://www.lawndale.org>

Access Community Health Network  
3800 W Madison St, Chicago 60624-2312  
773-826-6600,  
<http://www.accesscommunityhealth.net>

ERIE FAMILY HEALTH CENTER, INC.  
646 N Lawndale Ave, Chicago 60624-1254  
312-666-3494, <http://www.riefamilyhealth.org>

PCC COMMUNITY WELLNESS CENTER  
3456 W Franklin Blvd, Chicago 60624-1308  
708-533-6013, <http://www.pccwellness.org>

### **Community: SOUTH LAWNDALE**

LAWNDALE CHRISTIAN HEALTH CENTER  
3745 W Ogden Ave, Chicago 60623-2427  
872-588-3183, <http://lawndale.org>

ERIE FAMILY HEALTH CENTER, INC.  
1504 S Albany Ave, Chicago 60623-2209  
312-666-3494, <http://www.riefamilyhealth.org>

Access Community Health Network  
3752 W 16th St, Chicago 60623-2028  
773-762-2435,  
<http://www.accesscommunityhealth.net>

ALIVIO MEDICAL CENTER, INC  
3120 S Kostner Ave, Chicago 60623-4842

Esperanza Health Centers  
3059 W 26th St, Chicago 60623-4131  
773-932-2111, <http://www.esperanzachicago.org>